



Destination: **Savings**



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HY-VEE SEASONS

JULY 2022 • VOLUME 15 ISSUE 7

HyVee[®] Seasons[®]

FOOD | LIFE | HEALTH



TOP CHOP

july



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 **Hy-Vee**
aisles
online

JULY 2022

food



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DONNA TWEETEN
EXECUTIVE VICE PRESIDENT,
CHIEF MERCHANDISING
OFFICER, CHIEF OF STAFF

The heat of summer is upon us, encouraging us to get out and enjoy the warm weather while we can. Find tips to protect yourself from whatever the great outdoors can throw at you, *page 104*. Invite friends and family to a fancy bash in your backyard with food from Hy-Vee and complementary recipes, *page 44*.

Catch up with entertainer Julianne Hough and actress Nina Dobrev as they introduce their low-sugar, gluten-free Fresh Vine Wine at Hy-Vee, *page 64*.

If wedding bells are in your future, turn to the experts at Hy-Vee to help guide you through planning the special day, from ceremony flowers to reception food, *page 90*.

Enjoy the sunny days of summer!

HY-VEE SEASONS IS DIGITAL!



Scan the QR code to enjoy **Hy-Vee Seasons Digital Edition**, a free, highly interactive online version of *Hy-Vee Seasons* magazine. We look forward to connecting with you!

EXPERIENCE A NEW TWIST ON SOFT SERVE



CREAMY CHOCOLATE
OOEY GOOEY FUDGE SWIRLS
SOFT VANILLA



Blue Bunny
WE MAKE FUN

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NEW & NOTEWORTHY PRODUCTS AT HY-VEE **aisles**

VISIT YOUR LOCAL
HY-VEE OR
[HY-VEE.COM/SHOP](https://www.hy-vee.com/shop)
TO FIND **EXCITING
NEW PRODUCTS**
THAT FIT YOUR
DIETARY LIFESTYLE.



- ROTINI CHICKPEA PASTA
- ROTINI RED LENTIL PASTA
- SPAGHETTI YELLOW LENTIL & BROWN RICE PASTA

GOOD GRACES PASTA

Good Graces offers a range of affordable gluten-free products, including frozen entrées, snacks, baking ingredients and more, available only at Hy-Vee. Enjoy the foods you love without breaking your diet

or your budget, like pasta dishes made with Good Graces gluten-free alternatives. Select from a variety of pasta styles and shapes made with corn, rice, chickpea or lentil flour.

Healthier @ Hy-Vee

HEALTHY CHOICE

For a quick, good-for-you meal, choose Healthy Choice, made with fresh ingredients. You'll find a variety of gourmet entrées that fit into your diet, whether you're gluten-free, cutting carbs or sugar, or need an extra boost of protein.



HEALTHY CHOICE PIZZAS

High protein, low-carb pizza made with cauliflower crust.



HEALTHY CHOICE ZERO CARNE ASADA

Less than 10 grams of net carbs with no added sugar, preservatives or artificial flavors.



HEALTHY CHOICE MAX PROTEIN BOWLS

Packed with 33 grams of muscle-building protein from lean chicken breast.

Brand Highlight

JOHNSONVILLE
For more than 70 years, Johnsonville has been making high-quality sausage. Based in Sheboygan Falls, Wisconsin, Johnsonville offers a variety of brats, hot dogs, breakfast sausage and more made from pork, turkey and chicken. Look for these products and more at Hy-Vee.



JOHNSONVILLE TURKEY BREAKFAST SAUSAGE
Sandwich-size patties have 65% less fat than pork sausage and fit perfectly on an English muffin.



JOHNSONVILLE SMOKED SAUSAGE
Create flavorful breakfast scrambles, jambalaya and more with premium rope sausage varieties like Beef or Beddar with Cheddar made with 100% pork.

FRESH FROM THE FREEZER

FIND QUICK SNACKS AND EASY MEAL IDEAS IN THE FREEZER SECTION AT HY-VEE.



Marie Callender's Duos
Dig in to double entrées with a pairing of savory pesto chicken and four cheese ravioli that contains less than 400 total calories.



Gardein Breakfast Saus'ge
Power through the morning with 13 grams of plant-based protein in Gardein Ultimate Plant-Based Breakfast Saus'ge that cooks in the microwave, stovetop or oven.



Hot Pockets Deli Wich
Toss a Hot Pockets Deli Wich, made with savory ham and Cheddar cheese inside a soft roll, in the microwave for just one minute or let thaw for two hours when you're on the go.



DiGiorno Stuffed Pizza Bites
Double the size of the leading pizza snack roll, these handheld bites are loaded with 100% real cheese in varieties such as four cheese, pepperoni and three meat.



Gardein Ultimate Chick'n Wings
Toss plant-based wings in the oven or air fryer and coat with desired amount of provided Buffalo sauce for a crispy, zesty snack that provides 17 grams of protein.

CLEAN SWEEP



CLOROX SPRAY AND REFILLS
Reduce plastic waste by refilling an empty Clorox bottle with concentrate from the refill capsule and tap water.



CLOROX DISINFECTING MIST
This multi-surface disinfectant kills 99.9% of bacteria and is aerosol- and bleach-free.



summer drinks

TALKING RAIN AQA
This water with electrolytes and minerals helps replenish what's lost in perspiration.

BUBLY BELLINI BLISS
Relax with an 8-pack of alcohol-free Bellini Bliss mocktails in flavors like peach, pineapple and mango.

MOUNTAIN DEW BAJA BLAST
Bask in the classic lime flavor of Baja Blast or try new Baja flavors Mango Gem or pineapple-flavor Gold, available in 6-packs.

ICE+ CAFFEINE
Get a boost from 70 mg of caffeine and naturally sourced watermelon and lemonade flavors.

snack attack

THESE SINGLE-SERVE SNACKS MAKE FOR EASY GRAB-AND-GO TREATS.



NATURE VALLEY CRUNCHY DIPPED
Savor the classic crunch of Nature Valley granola in thin squares with a sweet layer of chocolate.



NATURE VALLEY SOFT-BAKED MUFFIN BARS
Take these soft, individually packaged whole-grain bars on the go for a quick snack.



SONIC THE HEDGEHOG FRUIT SNACKS
Available for a limited time, Sonic the Hedgehog-themed fruit snacks are sure to go fast!



MICKEY AND FRIENDS FRUIT SNACKS
Gummy versions of Mickey, Minnie and more classic characters are free from artificial flavors and colors.

THE ULTIMATE ENERGY BAR®



Baked with delicious, wholesome ingredients
and purposefully crafted with a blend of
protein, fat, and carbs to *keep you moving.*

GET INTO THE #SmoresLife



Make sure your S'mores stack up with the best
ooey-gooey, crispy, meltiness.
Live your best #SmoresLife
with Hershey's Milk Chocolate, Jet-Puffed Marshmallows,
and Honey Maid Grahams.



A CUT ABOVE

*Thick cut
shredded cheese for
a rich & bold taste.*

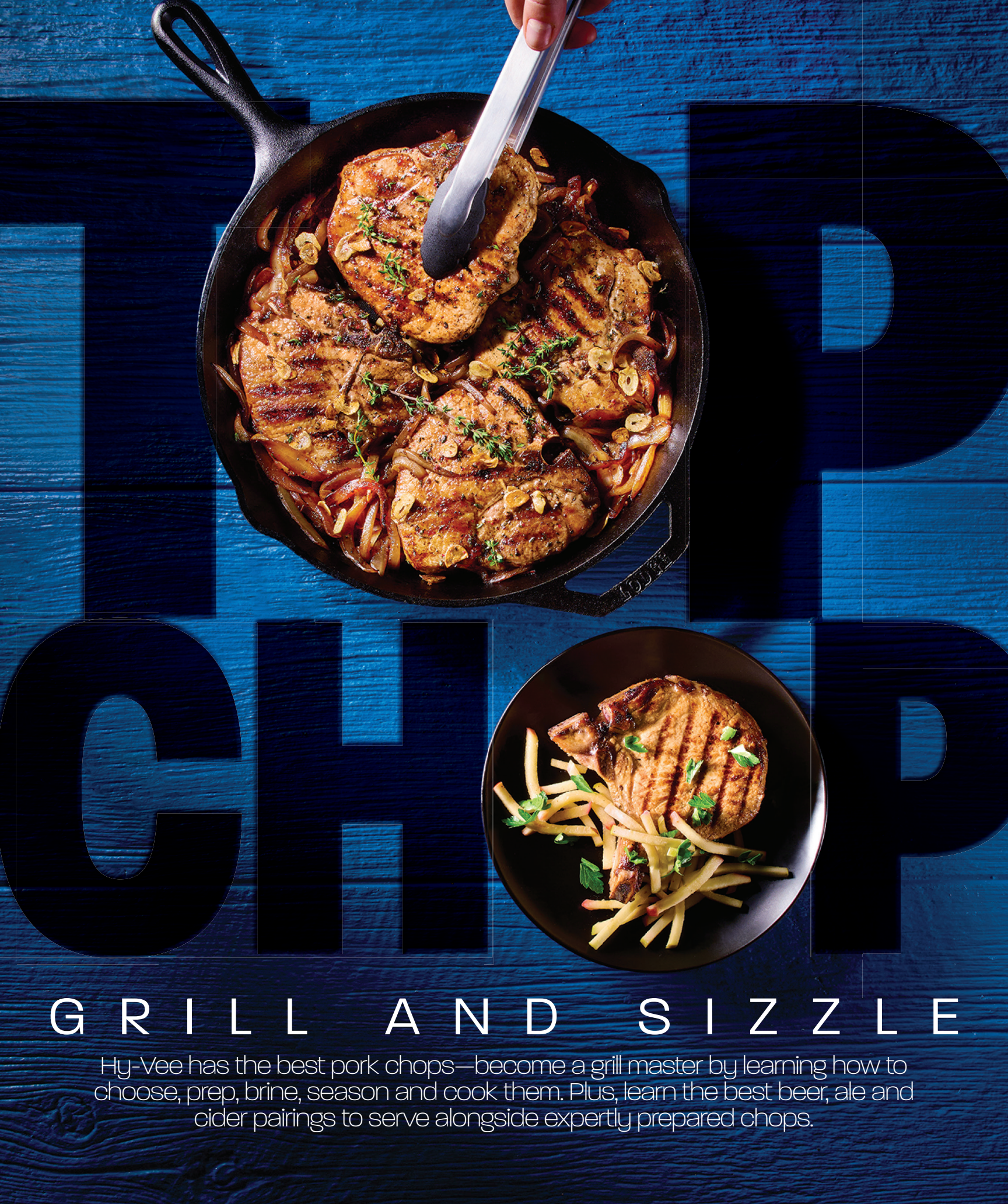


food

Learn how to
cook the best
pork, plan
an upscale
picnic and go
global with
international
seafood recipes.

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GRILL AND SIZZLE

Hy-Vee has the best pork chops—become a grill master by learning how to choose, prep, brine, season and cook them. Plus, learn the best beer, ale and cider pairings to serve alongside expertly prepared chops.

GRILLING FLAVORFUL PORK STARTS WITH SELECTING THE BEST CHOPS FROM THE HY-VEE MEAT DEPARTMENT.

Pork chops are cut from the loin, which is a lean, tender section of the pig. Chops are one of the most popular cuts of pork, because they cook quickly and have a mild flavor that pairs well with almost any seasoning. By comparison, bacon comes from the belly and is cured, giving it a saltier flavor, while pork shoulder steaks tend to have more fat and richer flavor.

HOW TO CHOOSE PORK CHOPS

Look for a pink, slightly gray color. This indicates freshness (the color will fade over time as the meat is exposed to air). If you're buying packaged pork chops, avoid chops with pale color and lots of liquid in

the package. The excess liquid may mean the chops will be less tender and drier when cooked.

Additionally, choose pork chops that have marbling (small flecks of fat in the pinkish muscle). As the chops cook, the fat melts into the muscle, making the pork more flavorful and tender. For even richer flavor, consider buying bone-in pork chops, which have extra fat connecting the meat and bone that will help keep the meat juicy as it cooks.

MIDWEST-RAISED PORK AT HY-VEE

Look for these brands at your store:

MIDWEST PORK, available exclusively at Hy-Vee, is hand-selected for the best quality, flavor and tenderness.

TRUE PORK animals are fed a vegetarian diet, and receive no added hormones or antibiotics.

DUROC PORK is from a heritage breed of pig with top-tier marbling and mild flavor. Animals are also fed a vegetarian diet with no added hormones or antibiotics.

3 REASONS TO BUY PORK FROM HY-VEE

HY-VEE GOES THE EXTRA MILE TO MAKE SURE YOU ALWAYS TAKE HOME THE FINEST PORK CHOPS.

1 SERVICE

Experts in the Hy-Vee Meat Department can help you choose the best cut and offer cooking and seasoning tips. Meat cutters can also trim or slice any cut of pork to fit your needs.

2 VARIETY

Find a wide selection of cuts in the Hy-Vee Meat Department, including tenderized, butterflied, stuffed, seasoned and bacon-wrapped pork chops.

3 QUALITY

Hy-Vee has strict selection and trim specifications. Only top-quality pork is chosen and excess fat is trimmed, so you're buying more meat and less fat on each chop.

PORK CUTS AT HY-VEE

CHOOSE THE BEST CHOP FOR YOUR RECIPE. THESE CUTS ARE AVAILABLE AT HY-VEE.



PORK LOIN RIB EYE CHOP

Cut from the rib section of the loin, this chop is tender with subtle flavor. Includes part of the back and rib bone with more fat than most cuts.



PORTERHOUSE LOIN CHOP

The porterhouse chop has loin and tenderloin sections separated by a bone. It's considered to be the most tender and flavorful pork chop.



AMERICA'S CUT CHOP

This boneless cut is one of the leanest chops available. To help tenderize and flavor the meat, brine before grilling.



PORK LOIN CHOP

Similar to the porterhouse chop, this cut may include tenderloin but is usually boneless and lean with mild flavor. Brine or marinate, then cook.



BUTTERFLY CHOP

This is a boneless pork loin chop that has been sliced almost in half and opened like a book to make it thinner. It's also easy to stuff.

145°F IS THE TEMPERATURE THE U.S. DEPARTMENT OF AGRICULTURE RECOMMENDS COOKING WHOLE CUTS OF PORK TO. INSERT A MEAT THERMOMETER THROUGH THE SIDE AND INTO THE CENTER TO CHECK THE TEMPERATURE. REST THE CHOP FOR THREE MINUTES BEFORE SERVING.



4 TIPS FOR JUICIER CHOPS

1. CHOOSE THICK

Use thick-cut pork chops at least 1 in. thick, unless the recipe specifies otherwise. Thick chops take longer to cook but are also less likely to dry out.

2. USE A BRINE

A wet brine is a mix of liquid and salt. It seasons the pork, helping draw in and retain moisture so the meat stays tender while cooking.

3. REST, THEN COOK

Take pork chops out of the fridge at least 30 minutes before cooking. This helps raise the internal temperature for more even cooking.

4. TAKE THE TEMP

Prevent overcooking and get an accurate temperature reading while cooking by using an instant-read meat thermometer. The center may remain a little pink.

Cast Iron Cilantro-Lime Pork Chops

Hands On 40 minutes

Total Time 53 minutes plus marinating and standing time

Serves 4

4 (8-oz.) America's Cut pork loin boneless chops, 1½ in. thick

½ cup finely chopped fresh cilantro, divided, plus additional cilantro for garnish

4 Tbsp. Gustare Vita extra virgin olive oil, divided

2 tsp. lime zest, divided

4 Tbsp. fresh lime juice, divided

2 tsp. minced fresh garlic, divided

½ tsp. Hy-Vee crushed red pepper, divided

½ cup Hy-Vee unsalted butter, softened

½ tsp. kosher salt

1 tsp. coarsely ground Hy-Vee black pepper

Lime wedges, for garnish

1. PLACE pork chops in large resealable plastic bag. Combine ¼ cup cilantro, 2 Tbsp. olive oil, 1 tsp. lime zest, 2 Tbsp. lime juice, 1 tsp. garlic and ¼ tsp. crushed red pepper in small bowl. Add mixture to pork chops in bag; seal bag. Gently massage mixture on pork chops to evenly coat. Refrigerate for 30 minutes or up to 2 hours.

2. COMBINE butter; remaining ¼ cup cilantro, 1 tsp. lime zest, 2 Tbsp. lime juice, 1 tsp. garlic and ¼ tsp. crushed red pepper; salt and black pepper. Set butter mixture aside.

3. PREHEAT a charcoal or gas grill with a greased grill rack for direct cooking over high heat (400°F). Place a 12-in. cast iron skillet on the grill rack; preheat for 10 minutes.

4. REMOVE pork chops from marinade; discard marinade. Add pork chops to skillet. Cook for 4 minutes, turning halfway through. Add half of butter mixture. Continue cooking pork chops for 6 to 9 minutes or until pork chops reach 145°F, basting frequently with butter mixture. Remove skillet from grill. Loosely cover skillet with foil and let chops rest for 3 minutes.

5. TO SERVE, top chops with remaining butter mixture. Garnish with lime wedges and additional cilantro, if desired.

Per serving: 610 calories, 42 g fat, 18 g saturated fat, 1 g trans fat, 205 mg cholesterol, 390 mg sodium, 3 g carbohydrates, 0 g fiber, 0 g sugar (0 g added sugar), 52 g protein. **Daily Values:** Vitamin D 6%, Calcium 2%, Iron 10%, Potassium 20%



Scan the QR Code to shop this Lodge cast iron pan.

DRINK PAIRING

Samuel Adams Summer Ale

This wheat ale has citrus flavors—orange, lime and lemon—with just a hint of spice.



BASTING TIP

In addition to extra sizzle, basting the pork chops with butter creates a better sear and a delicious golden crust.

CAST IRON HOW-TO

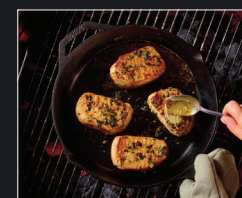
THE PAN DISTRIBUTES THE GRILL'S HEAT FOR EVEN COOKING.



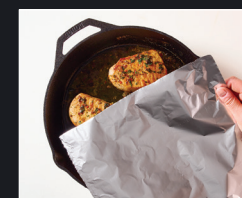
1 Preheat cast iron skillet by placing it on the prepared grill for 10 minutes.



2 Add pork chops to the heated pan and cook for 2 minutes per side.



3 Add butter and continue cooking, basting with cilantro lime butter until the pork chops are cooked through, about 6 to 9 minutes.



4 Remove the pan from the grill. Cover the pork chops with tented foil to rest for 3 minutes.



DRINK PAIRING
Angry Orchard Crisp Apple Cider
Bright, fresh hard cider with a balance of sweet and tart flavors.



Apple Cider-Brined Pork Chops

Hands On 30 minutes
Total Time 46 minutes plus marinating and standing time
Serves 4

4 (12-oz.) Midwest Pork bone-in, thick-cut pork loin or rib chops, 1½ in. thick
3 cups hard apple cider, divided
1¼ cups Full Circle Market organic raw unfiltered apple cider vinegar, divided
1 Tbsp. kosher salt
2 medium Red Delicious and/or Granny Smith apples, cored and cut into matchsticks
½ cup Hy-Vee granulated sugar
2 (3½-in.) cinnamon sticks
2 fresh bay leaves
2 Tbsp. Hy-Vee unsalted butter
Italian parsley, for garnish

1. PLACE pork chops in large resealable plastic bag. Combine 1 cup hard cider, ¼ cup apple cider vinegar and salt in a small bowl. Pour over pork chops; seal bag. Turn bag to evenly coat pork chops with marinade. Refrigerate for 1 to 2 hours, turning bag occasionally.

2. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat (375°F).
3. PLACE matchstick-cut apples in a small bowl; set aside. Heat remaining 1 cup apple cider vinegar, sugar, cinnamon sticks and bay leaves in a small saucepan over medium-low heat until sugar dissolves, stirring occasionally. Pour over apples; let stand for 3 to 5 minutes. Drain; discard cinnamon sticks, bay leaves and liquid.

4. REMOVE pork chops from marinade; discard marinade. Pat pork chops dry with paper towels. Grill for 14 to 16 minutes or until pork chops reach 145°F, turning halfway through. Transfer to a serving platter. Loosely cover with foil and let rest for 3 minutes.

5. MEANWHILE, bring remaining 2 cups hard apple cider and butter to a boil in a large skillet over medium heat. Reduce heat; simmer for 10 to 14 minutes or until reduced to ½ cup.

6. POUR apple cider mixture over pork chops; top with apples. Garnish with parsley, if desired.

Nutrition facts not available for brined food.

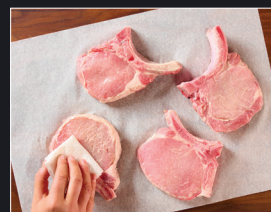
CIDER BRINING

SWAP CIDER FOR WATER FOR AN EVEN MORE FLAVOR-FILLED BRINE.

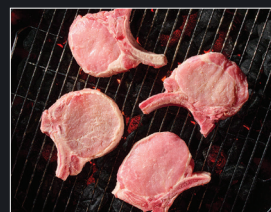
Using cider in place of water for brine helps flavor the pork while it marinates. Apple cider vinegar strengthens the flavor and helps tenderize the pork.

HOW TO GRILL

AFTER BRINING, FOLLOW THESE STEPS TO CREATE A DELICIOUS SEAR ON THE GRILL.



1 Remove chops from the brine and pat dry with paper towels.



2 Place chops on the grill rack over direct heat.



3 Use tongs to flip chops halfway through cooking, about 7 to 8 minutes, when they are beginning to turn golden brown.



4 Remove the pork chops from the grill. Cover with tented foil to rest.



GRILLING TIP

Use a spatula or tongs to turn pork chops when grilling. Sharp utensils like meat forks can pierce the meat, allowing juices to leak out which could cause chops to be less tender and flavorful.

Grilled Mojo Cuban Sandwiches

Hands On 35 minutes
Total Time 50 minutes plus marinating and standing time
Serves 4

1½ cups loosely packed Italian parsley, divided
1 Tbsp. orange zest
1 cup fresh orange juice
¼ cup loosely packed fresh mint
6 cloves garlic, peeled
½ cup Gustare Vita olive oil
1 Tbsp. lime zest
½ cup plus 1 tsp. fresh lime juice, divided
2 tsp. finely chopped fresh oregano
4 (4-oz.) boneless pork top loin chops, ¾ in. thick
¼ cup Hy-Vee mayonnaise

¼ tsp. coarsely ground Hy-Vee black pepper
½ tsp. kosher salt
¼ cup Hy-Vee original yellow mustard
4 Hy-Vee Bakery hoagie buns, split
4 slices Hy-Vee sliced Swiss cheese, halved
8 slices Hy-Vee thinly shaved deli ham
16 spicy pickle chips

1. PLACE 1 cup parsley, orange zest and juice, mint and garlic in a food processor or blender. Cover and process or blend until smooth. Add olive oil, lime zest, ½ cup lime juice and oregano. Cover and process or blend until smooth.

2. PLACE pork chops in a large resealable plastic bag. Pour citrus-herb marinade over chops; seal bag. Turn bag to evenly coat chops with mixture. Refrigerate for 6 to 24 hours, turning bag occasionally.

3. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat (400°F). For spread, place remaining

½ cup parsley and 1 tsp. lime juice, mayonnaise, pepper and salt in a food processor or blender. Cover and pulse until combined; set aside.

4. REMOVE pork chops from marinade; discard marinade. Grill pork chops for 8 to 12 minutes or until pork reaches 145°F, turning halfway through. Transfer chops to a cutting board; loosely cover with foil and let rest for 5 minutes.

5. TO ASSEMBLE sandwiches, thinly slice pork into strips. Spread mustard on bottoms of buns. Top evenly with pork, Swiss cheese, ham and pickles. Spread mayonnaise mixture on bun tops; place on top of sandwich.

6. PLACE sandwiches on grill rack; place a cast iron skillet on top of sandwiches to press them against grill rack. Grill for 2 minutes or until lightly toasted, turning halfway through. Cut in half and serve immediately.

Per serving: 660 calories, 26 g fat, 7 g saturated fat, 0 g trans fat, 110 mg cholesterol, 1,670 mg sodium, 54 g carbohydrates, 3 g fiber, 6 g sugar (2 g added sugar), 48 g protein. **Daily Values:** Vitamin D 0%, Calcium 30%, Iron 35%, Potassium 15%



DRINK PAIRING

Firestone Walker Mind Haze IPA

This California-brewed IPA has intense tropical hops and juicy, fruity, creamy flavors.

Grilled Kimchi Stuffed Pork Chops

Hands On 35 minutes
Total Time 53 minutes plus standing time
Serves 4
 ¼ cup Korean gochujang chili sauce
 2 Tbsp. packed Hy-Vee brown sugar

2 Tbsp. Hy-Vee less sodium soy sauce
 1 tsp. refrigerated garlic paste
 1 tsp. refrigerated ginger paste
 12 green onions, divided
 4 (8-oz.) pork loin butterfly chops
 1 (14-oz.) jar hot kimchi
 Hy-Vee nonstick cooking spray
 Coarsely ground Hy-Vee black pepper, for garnish

1. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium heat (350°F).
2. WHISK together gochujang sauce, brown sugar, soy sauce and garlic and

ginger pastes in a small bowl. Coarsely chop 4 green onions; stir into sauce mixture. Set aside.

3. PAT pork chops dry with paper towels. Open each chop. Place each chop between 2 pieces of plastic wrap. Using the flat side of a meat mallet, lightly pound chops to ½-in. thickness.

4. REMOVE plastic wrap. Coat both sides of chops with sauce mixture. Place kimchi evenly on top of one half of each butterflied chop. Fold the other side of the pork chop up and over the kimchi. Secure with toothpicks or kitchen string.

5. GRILL chops for 12 to 18 minutes or until pork reaches 165°F, turning halfway through. Remove from grill; loosely cover with foil and let rest for 3 minutes.

6. LIGHTLY SPRAY remaining 8 green onions with nonstick spray. Grill 1 to 2 minutes or until lightly charred, turning halfway through. Remove from grill. Serve chops with grilled green onions.

Per serving: 400 calories, 12 g fat, 4 g saturated fat, 0 g trans fat, 120 mg cholesterol, 1,650 mg sodium, 22 g carbohydrates, 1 g fiber, 15 g sugar (13 g added sugar), 49 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 30%, Potassium 6%

DRINK PAIRING

Elysian Brewing Space Dust IPA
 Medium-bodied IPA with a balance of sweet and bitter hops. This pale ale also has subtle grapefruit, mango and orange aromas.



DRY BRINING

BRINE MEAT WITHOUT LIQUID USING JUST SALT AND SEASONINGS.

To dry brine, season the chops with salt and other spices. The salt draws out moisture, creating a liquid brine, which is then reabsorbed, flavoring and tenderizing meat.

Sweet Onion Smothered Pork Chops

Hands On 30 minutes
Total Time 1 hour 32 minutes plus standing time
Serves 4

4 (10-oz.) Hy-Vee Midwest Pork bone-in porterhouse loin chops, 1 in. thick
 2 Tbsp. finely chopped fresh thyme, plus additional sprigs for garnish
 ¼ cup crushed pink peppercorns
 1 tsp. kosher salt, plus additional to taste
 8 cloves garlic, thinly sliced
 2 large yellow onions, thinly sliced
 6 Tbsp. Hy-Vee unsalted butter, sliced
 1 (12-oz.) bottle American pale ale beer
 1 cup Hy-Vee no salt added beef broth
 1 Tbsp. Hy-Vee less sodium Worcestershire sauce

1. PAT pork chops dry with paper towels. Stir together 2 Tbsp. thyme, peppercorns, 1 tsp. salt and garlic in small bowl. Rub mixture on both sides of chops. Let pork chops stand at room temperature for 30 minutes.

2. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat (375°F).

3. PLACE onions in 12-in. cast iron skillet; top with butter. Arrange pork chops on top. Place skillet on grill rack. Grill for 20 to 25 minutes or until pork chops reach 130°F, turning halfway through. Remove pork chops from the skillet and place directly on grill rack. Grill 2 minutes or until lightly charred and pork reaches 145°F, turning halfway through. Remove pork chops from grill; loosely cover with foil and set aside.

4. ADD ale, beef broth and Worcestershire sauce to onion mixture in skillet. Place skillet on grill rack; grill for 30 to 35 minutes or until the onions are deep golden brown, stirring frequently.

5. PLACE pork chops back into skillet with the onion mixture. Grill for 5 to 10 minutes or until pork chops are heated through. Garnish with thyme sprigs, if desired.

Per serving: 610 calories, 37 g fat, 18 g saturated fat, 1 g trans fat, 190 mg cholesterol, 680 mg sodium, 13 g carbohydrates, 2 g fiber, 4 g sugar (0 g added sugar), 47 g protein. Daily Values: Vitamin D 10%, Calcium 10%, Iron 10%, Potassium 15%

Chop, Chop!

Learn how a dry brine makes these chops extra flavorful and juicy.

Hy-Vee seasons

Watch and learn at Seasons.Hy-Vee.com

DRINK PAIRING

Toppling Goliath Pseudo Sue Pale Ale

Mild flavor with slight bitterness and notes of grapefruit, citrus, mango and evergreen. Clean flavors allow the richness of pork and onions to shine.



HOW TO STUFF CHOPS

FOLLOW THESE STEPS TO FILL BUTTERFLY-CUT CHOPS.



1 Use a spoon to coat both sides of each pork chop with gochujang sauce.



2 Divide kimchi evenly and spoon onto one half of each chop.



3 Fold one side of the pork chop over the kimchi so it is completely covered.



4 To secure, tie chops with kitchen twine or pierce both edges of pork chops with wooden toothpicks.

FOODS OF WISCONSIN



EXPLORE THE HISTORY OF THREE OF THE BADGER STATE'S MOST ICONIC RECIPES—NOW REIMAGINED—AND DISCOVER SOME OF THE FINE WISCONSIN-MADE PRODUCTS AT HY-VEE.



The butter burger is a creation with long ties to Wisconsin. A food vendor at a county fair in Seymour, Wisconsin, first served hamburgers fried in butter in 1885. By the mid-1930s, a grille in Milwaukee and another in Green Bay were serving hamburgers cooked with a pat of butter on top.

Spicy Butter Burgers with Beer Cheese

Hands On 25 minutes
Total Time 47 minutes plus standing time
Serves 4

4 Tbsp. Hy-Vee cold unsalted butter, divided
2 jalapeño peppers, seeded and finely chopped, divided*
1 cup Miller Lite beer
½ cup Hy-Vee heavy whipping cream
5 tsp. Hy-Vee corn starch
½ tsp. Hy-Vee salt
¼ tsp. Hy-Vee black pepper
4 oz. Henning's Wisconsin Cheese pepper Jack cheese, shredded (1 cup)
1½ lb. Hy-Vee 85% lean ground beef
1½ tsp. salt-free steak grilling seasoning
1 tsp. Hy-Vee less sodium Worcestershire sauce

4 oz. Henning's Wisconsin Cheese extra-sharp Cheddar cheese, thinly sliced
4 pretzel hamburger buns, split and toasted
Lettuce leaves, for serving
Tomato slices, for serving
4 slices Hy-Vee sweet smoked bacon, halved crosswise and crisp-cooked

1. MELT 2 Tbsp. butter in small skillet. Stir in 2 Tbsp. chopped jalapeños. Cook over medium heat for 2 minutes or until softened, stirring frequently. Cool.

2. FOR SAUCE, whisk together beer, cream, corn starch, salt and black pepper in a medium saucepan. Bring to a boil; reduce heat. Cook and whisk 1 minute.

Remove from heat; whisk in pepper Jack cheese until melted. Set aside; keep warm.

3. FOR BURGERS, combine ground beef, steak seasoning, Worcestershire sauce and remaining chopped jalapeños in bowl. Do not overmix. Form into 4 meatballs. Use thumb to press an indentation into the center of each. Place remaining ½ Tbsp. cold butter into each indentation; form beef around butter to seal in. Flatten each meatball to ¾-in.-thick patty.

4. GRILL patties on a greased rack over medium direct heat (350°F) for 18 minutes, turning halfway through. Top with Cheddar cheese; grill for 2 to 3 minutes more or until burgers reach

165°F and cheese is melted. Transfer to a platter. Let rest, covered, for 3 minutes.

5. TO SERVE, spread buns with jalapeño-butter mixture. Top bun bottoms with lettuce, tomatoes, burgers, cheese sauce, bacon and bun tops.

***NOTE:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeño peppers, wear protective gloves.

Per serving: 1,020 calories, 66 g fat, 32 g saturated fat, 2 g trans fat, 225 mg cholesterol, 1,020 mg sodium, 51 g carbohydrates, 2 g fiber, 5 g sugar (3 g added sugar), 52 g protein. **Daily Values:** Vitamin D 6%, Calcium 35%, Iron 35%, Potassium 15%





Cheese curds have a strong connection with Wisconsin, owing to the state's many cheesemakers. Fresh cheese curds are springy and squeak when chewed. They are often flavored and eaten out of hand. Meanwhile, batter-dipped-and-fried cheese curds are a crowd favorite at fairs and festivals.



SCAN THE QR CODE for the Old Fashioned recipe on [Hy-Vee.com](https://www.hy-vee.com)



Wisconsin has a lot of nicknames!

The Badger State is a nod to the 19th century miners who burrowed into the ground like badgers. *The Dairy State* refers to the state's many dairy farms. *The Middle Coast* is a reflection of Wisconsin having shorelines on two of the Great Lakes.



CAPITOL IDEA

Wisconsin became the 30th state to join the Union in 1848. The present Capitol building—the third on the site—was built between 1906 and 1917 in Madison.

Hy-Vee in Wisconsin

Hy-Vee operates four stores in Wisconsin: one in Fitchburg; two in Madison; and the latest, a 92,000-square-foot store in Eau Claire.



Air-Fried Triple Ranch Cheese Curds

Hands On 15 minutes
Total Time 33 minutes
Serves 10 (3 each)
¾ cup Hy-Vee all-purpose flour
2 Tbsp. Hy-Vee ranch dressing mix powder

3 Hy-Vee large eggs, beaten
1½ cups Hy-Vee plain panko bread crumbs
1 tsp. Hy-Vee garlic powder
30 Ellsworth ranch flavored Cheddar cheese curds (about 8 oz.)
Hy-Vee canola oil nonstick cooking spray
Italian parsley, for garnish
Hy-Vee ranch salad dressing, for serving

1. COMBINE flour and ranch dressing mix powder in shallow

bowl. Place beaten eggs in another shallow bowl.

2. PLACE panko crumbs in large resealable plastic bag. Seal bag; crush slightly with rolling pin. Combine crushed panko and garlic powder in third bowl.

3. COAT cheese curds, a few at a time, in flour mixture. Then dip into eggs; shake off excess. Coat with crumb mixture. If coating does not adhere completely, dip curds in eggs and bread crumbs again. Place coated curds on

baking sheet. Refrigerate until ready to air-fry.

4. PREHEAT air fryer to 350°F according to manufacturer's directions. Working in batches, remove one batch of cheese curds at a time from refrigerator. Spray coated cheese curds on both sides with nonstick spray. Place in single layer in air fryer basket. Close air fryer and air-fry for 4 to 6 minutes or until lightly browned and crisp, shaking basket halfway through.

Remove from air fryer and repeat with remaining breaded curds.

5. TO SERVE, garnish with parsley and use ranch salad dressing for dipping.

Per serving: 210 calories, 10 g fat, 6 g saturated fat, 0 g trans fat, 85 mg cholesterol, 390 mg sodium, 16 g carbohydrates, 1 g fiber, 0 g sugar (0 g added sugar), 10 g protein. **Daily Values:** Vitamin D 0%, Calcium 15%, Iron 6%, Potassium 2%

PHOTO Visit Milwaukee (top left)
Travel Wisconsin (top right)

* A BRANDY OLD FASHIONED IS A WISCONSIN CREATION SUBSTITUTING BRANDY FOR WHISKEY AND LEMON-LIME SODA FOR WATER. IT PAIRS WELL WITH THE YOUNG CHEDDAR USED TO MAKE CHEESE CURDS.

Cream Puff Ice Cream Sundaes

Hands On 20 minutes
Total Time 55 minutes
plus cooling time
Serves 12 (1 each)

- Hy-Vee nonstick baking spray**
1 cup water
½ cup Hy-Vee unsalted butter
¼ tsp. Hy-Vee salt
1 cup Hy-Vee all-purpose flour
4 Hy-Vee large eggs
¾ cup Hy-Vee heavy whipping cream
1 (3.5-oz.) bar Zöet 57% cacao dark chocolate bar, coarsely chopped
3 bananas, sliced
1 (1.5-qt.) carton It's Your Churn premium vanilla bean ice cream
Rainbow jimmies, for garnish
Hy-Vee aerosol whipped topping, for garnish
Hy-Vee maraschino cherries with stems, for garnish

1. PREHEAT oven to 400°F. Spray a large baking sheet with baking spray; set aside.

2. COMBINE water, butter and salt in a medium saucepan. Bring to a boil. Add flour all at once, stirring vigorously with a wooden spoon. Cook and stir over medium-high heat until mixture forms a ball. Remove from heat. Cool 10 minutes.

3. ADD eggs, one at a time, beating well with a wooden spoon after each addition.

4. DROP into 12 mounds (about ¼ cup each) 3 in. apart onto prepared baking sheet. Bake for 30 to 35 minutes or until golden brown and puffed. Transfer cream puffs from baking sheet to wire rack. Immediately cut a slit in each cream puff for steam to escape. Cool completely.

5. FOR SAUCE, microwave heavy whipping cream in medium microwave-safe bowl on HIGH 1 minute or until very hot. Add chocolate to bowl; let stand 2 minutes. Whisk until chocolate is melted and mixture is smooth. Set aside to cool. Sauce will thicken as it cools.

6. TO SERVE, split cream puffs; discard soft dough from insides. Fill cream puffs with banana slices and ice cream. Drizzle with chocolate sauce. Garnish with jimmies, whipped cream and maraschino cherries, if desired. Serve immediately.

Per serving:
370 calories,
24 g fat,
15 g saturated fat,
0 g trans fat,
125 mg cholesterol,
120 mg sodium,
35 g carbohydrates,
2 g fiber, 20 g sugar
(12 g added sugar),
6 g protein. Daily
Values: Vitamin D 6%, Calcium
8%, Iron 10%, Potassium 6%

Every state has its anointed king of desserts, but in Wisconsin, it is a toss-up. There is the ice cream sundae, born in Two Rivers in 1881 (and originally only sold on Sundays, hence the name). And there is the cream puff, introduced in 1924 (but dating back to the 1500s and a dessert made for King Henry II of France). There's no need for debate when you can put them together and make a dessert truly fit for a king.

Tastes Dough Good!
Discover the surprising cooking method that makes these dreamy cream puffs.

Hy-Vee seasons
Watch and learn at Seasons.Hy-Vee.com



PHOTO Nejet Duzen/Shutterstock (bottom right)



Leinenkugel's Beer

Founded in Chippewa Falls in 1867 by a German immigrant, Leinenkugel's beer quickly developed a following among the local lumberjacks. Today it is available nationwide, and 6th-generation Leinenkugel family members are still involved with the company. In addition to lagers and IPAs, Leinenkugel's beers include seasonal selections like summer shandy.

Skinny Sticks Maple Syrup

Founded a decade ago by a U.S. Army veteran and his family, Skinny Sticks specializes in pure maple syrup handcrafted in Marathon City. The company also makes a finely ground organic maple sugar—great sprinkled on toast, muffins or slices of apple or peach.



Sprecher Craft Soda

Established in the Walker's Point neighborhood of Milwaukee in 1985, Sprecher's Brewing Company later moved to Glendale, where it produces a range of boldly flavored craft sodas such as cherry cola, cream soda, orange dream and best-selling root beer.



OLD WISCONSIN SNACK STICKS

With a legacy dating back to 1947 in Sheboygan, the "Bratwurst Capital of the World," Old Wisconsin produces premium beef and turkey snack sticks and snack bites in a range of flavors.



JUST A FEW OF THE ITEMS YOU'LL FIND AT HY-VEE

BelGioioso Cheese

BelGioioso was founded in Denmark, Wisconsin, in 1979 by the great-grandson of an Italian cheesemaker. Since then, its pure, distinctive cheeses have won many awards. Offerings at Hy-Vee include Parmesan and American Grana extra aged Parmesan.



MADE RIGHT. ON THE FARM.™



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ZUCCHINI

Slightly earthy in flavor with a delicate texture, zucchini is a nutritious, versatile summertime squash to add to your weekly menu.

Zucchini is a member of the squash family. Technically a fruit, it's generally treated as a vegetable because of its mellow, grassy flavor and buttery texture that absorbs sauces, herbs and seasonings when cooked. It can be eaten raw, but may have a bitter flavor. Small zucchini usually have a sweeter flavor, while large zucchini often have tougher skin and more fibrous flesh. Zucchini are watery and low in calories but packed with nutrients. One cup of chopped zucchini has about 35% of the daily recommended amount of vitamin C, an antioxidant which supports the immune system and may help prevent heart disease.

BUY Zucchini skin should be smooth, glossy and free of bruises. It should also be firm with the stem intact.

STORE Whole zucchini can be kept in the fridge for 1 to 2 weeks. Place in the crisper drawer or inside a perforated plastic bag.

PREP Before cooking, rinse zucchini with water to remove any dirt and trim the ends. Skin can be peeled or left on. Slice into desired shape and cook.



WAYS TO ENJOY

Grilled For a great side dish, cut zucchini into quarters, lengthwise. Brush with olive oil and sprinkle with kosher salt and pepper. Grill, cut sides down, over medium heat for 6 to 8 minutes. Flip and grill for up to 8 additional minutes or until softened.

Baked If desired, slice zucchini into rounds, spears or boats. Drizzle with olive oil and bake. Remove from oven when crisp-tender and sprinkle with Parmesan cheese, kosher salt and pepper.

Pickled To make sandwich pickles, cut into spears and place in a large sealable jar. Bring vinegar, sugar, garlic and fresh herbs to a boil. Pour pickling liquid over zucchini and refrigerate for up to 1 week.

Sources: fdc.nal.usda.gov/fdc-app.html#/food-details/169291/nutrients
mayoclinic.org/drugs-supplements-vitamin-c/art-20363932



Choose Almond Flour
As an alternative to wheat flour, almond flour is keto-friendly because it's low-carb and has more fat and protein than wheat.

Keto Zucchini Bread

Hands On 20 minutes

Total Time 1 hour 20 minutes
plus cooling time

Serves 10

Hy-Vee nonstick cooking spray

1¾ cups Good Graces gluten-free almond flour

½ cup Swerve granular sugar replacement

2½ tsp. Hy-Vee baking powder

1½ tsp. Hy-Vee ground cinnamon

½ tsp. Hy-Vee salt

3 Hy-Vee large eggs

1 tsp. Hy-Vee vanilla extract

⅓ cup Hy-Vee refined coconut oil, melted; cooled

1¼ cups shredded zucchini

½ cup Hy-Vee chopped walnuts, toasted

1. PREHEAT oven to 350°F. Line an 8×4-in. loaf pan with parchment paper. Spray with nonstick spray; set aside.

2. WHISK together almond flour, sugar replacement, baking powder, cinnamon and salt in medium bowl until combined.

3. WHISK eggs and vanilla in large bowl. Gradually fold in dry ingredients and coconut oil until combined. Stir in zucchini and walnuts.

4. SPREAD batter in prepared pan. Bake 55 to 60 minutes or until toothpick inserted near center comes out clean. Cool in pan 15 minutes. Remove from pan; cool completely on wire rack.

Per serving: 260 calories, 24 g fat, 8 g saturated fat, 0 g trans fat, 55 mg cholesterol, 260 mg sodium, 16 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 7 g protein. Daily Values: Vitamin D 0%, Calcium 10%, Iron 6% Potassium 4%

Impossibly delicious. Made possible by Chobani.



New flavors!



*Not a low calorie food. ©2022 Chobani, LLC



Kicked-up KOMBUCHA

Enjoy a refreshing punch of sweet and sour flavors with spiked kombucha cocktail recipes and canned hard kombucha.

what is KOMBUCHA?

It is an effervescent, sweet and sour tea that has been passed down through centuries of Eastern tradition due to supposed health benefits. According to the Mayo Clinic, probiotics within kombucha may aid digestion, support gut health and boost immune function. Kombucha is made by fermenting tea—similar to the process used to turn grapes into wine and barley into beer. The result is a light, bubbly beverage that you can drink by itself or use as a mixer.

BLUEBERRY KOMBUCHA MOJITO

Muddle $\frac{1}{4}$ cup Hy-Vee granulated sugar and $\frac{1}{4}$ cup tightly packed fresh mint leaves in a 2-qt. pitcher. Quarter 2 limes, squeeze juice from lime wedges into pitcher, then add wedges to pitcher. Stir in 8 oz. white rum until sugar dissolves. Place 1 cup blueberries and additional $\frac{1}{2}$ cup lime juice and 1 tsp. sugar in a blender. Cover and blend until smooth. Strain mixture through a fine-mesh sieve and discard pulp, if desired. To serve, gently stir blueberry mixture and 1 (14-oz.) bottle Brew Dr. Clear Mind organic mint, rosemary, sage and green tea kombucha into rum mixture in pitcher. Pour into 4 (12-oz.) ice-filled glasses; top drinks with additional 1 (14-oz.) bottle kombucha. Garnish with lime slices and additional blueberries and mint, if desired. Serves 4 (10 oz. each).

BALANCING ACT
With their sweet flavor and just a hint of acid, blueberries offset the tartness of kombucha for a harmonious-tasting cocktail.





HIBISCUS KOMBUCHA SANGRIA PUNCH

Place 2 cups halved Hy-Vee Short Cuts strawberries; 1 Granny Smith apple, cored and sliced; and 1 orange, sliced and halved crosswise; into 3-qt. pitcher. Add 1 (750-ml) bottle rosé wine and 4 oz. Grand Marnier liqueur; gently stir to combine. Cover and refrigerate for 2 hours or up to 24 hours. To serve, add 2 (16-oz.) bottles hibiscus ginger kombucha to pitcher; gently stir. Pour into 8 (10-oz.) ice-filled glasses. Garnish with fresh basil, if desired. Serves 8 (8 oz. each).

FRESH & FRUITY

Sangria, as a rule, should be sweet, even when you start with a dry wine. Tart fruit like Granny Smith apples help tame the sugariness.



Scan the QR Code to shop glass pitchers from Hy-Vee.

hard KOMBUCHA

Pop the tab on canned hard kombuchas from Hy-Vee Wine & Spirits.



Strange Beast Fermented with organic fruits, spices and herbs for fresh aromas and unique flavors.



LEMON GINGER KOMBUCHA MULE

Peel and thinly slice 1 (3-in.) piece gingerroot. Combine sliced gingerroot, 2 oz. hot water, 2 oz. fresh lemon juice and ¼ cup Hy-Vee honey in small saucepan; bring to simmer over low heat. Simmer, uncovered, for 10 minutes or until slightly thickened. Remove from heat; cool completely. Strain ginger mixture through a fine-mesh sieve over 2-qt. pitcher. Stir in 1 (16-oz.) bottle Hy-Vee ginger kombucha and 8 oz. lemon-flavored vodka. Pour into 6 (10-oz.) ice-filled wine glasses and top drinks with additional 1 (16-oz.) bottle ginger kombucha. Garnish with additional thin gingerroot slices, lemon slices and rosemary, if desired. Serves 6 (8 oz. each).

FIZZY, NOT FLAT

Top drinks with kombucha right before serving to prevent them from losing all of their carbonation and becoming flat.

basics

8 WAYS TO CUT WATERMELON

Slicing instructions and tool options for creative ways to serve a quintessential summertime treat.



2 BALLS
Cut watermelon in half and use a melon baller to gently scoop out the flesh for sphere-shape bites.

IT STARTS WITH THE FIRST CUT

To create any shape, begin by cutting a whole watermelon in half. Use a sharp chef's knife; a serrated knife works well on large watermelons. When slicing, use a cutting board with a runnel groove on the edge to help catch the juice and make cleanup easier. Slice the melon crosswise for two circular pieces or lengthwise for two oblong pieces. Then, cut into smaller pieces as desired. Keep the rind on for hand-held options or use melon ballers or cookie cutters for fun bite-size pieces.

4 CUT OUTS
Cut watermelon in half crosswise; slice into ½-in. to 1-in.-thick rounds. Use a cookie cutter to stamp out shapes, like stars, from each round.



1 WEDGES
Cut whole watermelon in half crosswise. Then slice the halves into rounds. Cut each round both crosswise and lengthwise to create 4 wedges.



3 STICKS
Slice whole watermelon in half crosswise. Slice into rounds, then cut rounds in half. Slice each half-round into 1-in. sticks, leaving the rind on.



5 TRIANGLE
Cut watermelon into wedges. Starting from the point of the wedge, cut 3 equal pieces.

6 SLIVER
Cut whole watermelon in half lengthwise. Then slice each half crosswise into 4 to 6 equal pieces.



7 CUBES
Cut watermelon into sticks, then slice crosswise, creating 1-in. cubes.



8 QUARTERS
Slice a whole watermelon in half crosswise. Cut each piece in half again, creating quarters.



Scan the QR code for inspiration on how to use these watermelon cuts.

HyVee
Short
CUTS

SHORT ON TIME
Hy-Vee offers pre-washed and chopped watermelon cubes when you need bite-size pieces quickly.



TAPAS

GRILL

DISCOVER THE ORIGINAL APPETIZER: TAPAS. THESE SMALL, SAVORY DISHES, OFTEN SERVED WITH DRINKS, FEATURE A RANGE OF FOODS.

A BIT OF HISTORY

Legend has it tapas were born when a Spanish king, recovering from illness, had to take small bites of food with wine between meals. Later, he decreed that no wine was to be served commercially unless food accompanied it.

TAPAS TODAY

FOOD & DRINK

Many regions of Spain claim to be the birthplace of tapas. The name itself means “to cover” and tradition has it that barkeepers originally covered customer drinks with a slice of bread, meat or cheese to keep out flies and dust. While the range of foods has grown greatly over the years, one tradition remains the same: serving tapas with alcohol. The drink of choice is often a Spanish wine: a robust red for meat dishes, a dry white for seafood. However, the drink can be tailored to guests’ personal preferences.



Blistered Grilled Shishito Peppers

Total Time 25 minutes
Serves 4

- ¼ cup Gustare Vita extra virgin olive oil**
- 1 Tbsp. fresh lime juice**
- 1 (8-oz.) pkg. shishito peppers***
- Hy-Vee Mediterranean sea salt, for serving**
- Lime zest, for serving**
- Lime wedges, for serving**

- 1. PREHEAT** a charcoal or gas grill for direct cooking over medium-high heat (375°F).
- 2. HEAT** olive oil and lime juice in a 12-in. cast iron skillet on grill. Add shishito peppers to skillet; cook for 10 to 12 minutes or until peppers begin to blister, turning them occasionally.

- 3. TO SERVE**, transfer peppers to a serving platter. Lightly sprinkle with sea salt and lime zest; serve with lime wedges, if desired.
- *NOTE:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with shishito peppers, wear protective gloves.

Per serving:
90 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 0 mg sodium, 3 g carbohydrates, 1 g fiber, 2 g sugar (0 g added sugar), 0 g protein. Daily Values: Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%

STEAMY HOT ... OR NOT
Shishito and pimientos de Padrón peppers make great snacks when blistered. Both types are generally mild, but about 1 in 10 is spicy.



Grilled Bacon-Wrapped Chicken Bites

Hands On 20 minutes
Total Time 36 minutes plus soaking and cooling time
Serves 6 (2 each)

1/2 cup plus 1 Tbsp. packed Hy-Vee brown sugar
2 tsp. Hy-Vee paprika
1 1/2 tsp. finely ground Hy-Vee sea salt
2 (8-oz.) Hy-Vee bacon Cheddar chicken grillers
2 slices Hy-Vee sweet smoked bacon, halved
Hy-Vee honey mustard, for serving
Maple bacon onion jam, for serving

1. SOAK 12 wooden toothpicks or skewers in water for 30 minutes. Preheat a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat (375°F).
2. STIR together brown sugar, paprika and sea salt in a small bowl; set aside.

3. UNWRAP bacon from chicken grillers and cut in half; set bacon aside with sweet smoked bacon halves. Cut each chicken griller into 6 pieces. Wrap each chicken piece with bacon; secure with soaked toothpicks.

4. SPRINKLE wrapped chicken pieces evenly with brown sugar mixture. Grill for 14 to 16 minutes or until chicken reaches 165°F, turning halfway through. Transfer to a serving platter and let stand for 5 minutes. Serve with honey mustard and maple bacon onion jam for dipping, if desired.

Per serving: 290 calories, 15 g fat, 6 g saturated fat, 0 g trans fat, 65 mg cholesterol, 1,080 mg sodium, 18 g carbohydrates, 0 g fiber, 17 g sugar (17 g added sugar), 22 g protein. Daily Values: Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 6%

TAPAS ADD-ONS



Wasa Multi Grain Whole Grain Crispbread



Hy-Vee Salted Mixed Nuts



Columbus Prosciutto Panino



Castello Havarti Caraway Cheese



Garlic Shrimp Toasts

Hands On 20 minutes
Total Time 26 minutes plus marinating time
Serves 8 (1 each)

16 Fish Market fresh natural peeled and deveined raw shrimp (31 to 40 ct.)
1/2 cup plus 3 Tbsp. Gustare Vita garlic-flavored olive oil; divided
2 Tbsp. fresh lemon juice
2 tsp. bottled chopped garlic, divided
3/4 tsp. finely ground Hy-Vee sea salt, divided
1/2 tsp. coarsely ground Hy-Vee black pepper

1 large avocado, seeded, peeled and mashed
1 1/2 Tbsp. finely chopped red onion
1 Tbsp. finely chopped fresh cilantro, plus additional for garnish
1 Tbsp. fresh lime juice
1 1/2 tsp. seeded and finely chopped jalapeño pepper*
8 (3/8-in.-thick) slices Hy-Vee Bakery artisan French baguette
Lemon zest, for garnish
Lemon wedges, for garnish

1. PLACE shrimp in a large resealable plastic bag. Stir together 1/4 cup garlic-flavored olive oil, lemon juice, 1/4 tsp. minced garlic, 1/2 tsp. sea salt and black pepper in a small

bowl. Pour marinade mixture over shrimp in bag. Refrigerate for 1 hour, turning bag occasionally.

2. FOR GUACAMOLE, stir together avocado, red onion, 1 Tbsp. cilantro, lime juice, jalapeño and remaining 3/4 tsp. garlic and 1/4 tsp. sea salt in a small bowl; set aside.

3. PREHEAT a charcoal or gas grill with greased grill rack for direct cooking over medium-high heat (375°F).

4. REMOVE shrimp from bag; discard marinade. Pat shrimp dry with paper towels. Thread shrimp onto metal skewers. Brush both sides of baguette slices with remaining 3 Tbsp. garlic oil.

ABOUT THE BASE

When toasted, an artisan French baguette from the Hy-Vee Bakery holds up well to heavy toppings like guacamole and shrimp.

5. GRILL shrimp and baguette slices for 4 to 6 minutes or until the shrimp reach 145°F and baguette slices are toasted, turning halfway through.

6. TO SERVE, spread guacamole on one side of baguette slices. Top each with 2 shrimp. Garnish with lemon zest and additional cilantro; serve with lemon wedges, if desired.

***NOTE:** Chile peppers contain volatile oils that can burn your skin and eyes. When working with jalapeños, wear protective gloves.

Per serving: 300 calories, 16 g fat, 2 g saturated fat, 0 g trans fat, 40 mg cholesterol, 600 mg sodium, 32 g carbohydrates, 2 g fiber, 1 g sugar (0 g added sugar), 10 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 2%

GRILL A TAPAS PLATTER

Fill foil packets with bite-size foods, cook over flame, then serve on platters for guests to build their plates.

HOW TO SERVE TAPAS

BUFFET STYLE

Lay food out buffet style with small plates stacked and ready for guests.

MORSELS

Serve food in easy-to-grab bite-size morsels. Keep warm and cold foods separate from each other.

QUANTITY

Plan on offering two to three tapas dishes for every four guests.

ROUND IT OUT

Fill in any gaps by offering snack items such as almonds, olives and pickled vegetables.

GRILLING DIRECTIONS

Preheat a charcoal or gas grill for direct cooking over medium heat (350°F). Place foil bowls filled with tapas on grill rack. Grill for 12 to 18 minutes or until meat reaches 165°F or vegetables reach desired doneness, gently stirring every 3 to 5 minutes.

Grilled Lemon-Rosemary Sweet Peppers

Combine 1 (1-lb.) pkg. sweet mini peppers, stemmed and sliced; 1 (4.3-oz.) jar sweet n' tangy pepper drops, undrained; 3 Tbsp. Gustare Vita extra virgin olive oil and 4 cloves whole garlic, peeled, in a large bowl. Cut a 16×16-in. sheet of heavy foil. Place pepper mixture in center of foil; roll or fold up edges of foil to form a side around the pepper mixture. Add 4 lemon slices and 2 sprigs fresh rosemary on top of pepper mixture. Grill according to directions. Garnish with additional lemon slices and fresh rosemary, if desired. Serves 6.

Grilled Manzanilla Olives

Combine ¼ cup Gustare Vita extra virgin olive oil and 1 tsp. Hy-Vee crushed red pepper in a large bowl. Add 2 (5.75-oz.) jars Hy-Vee stuffed manzanilla olives, drained; toss to coat. Cut a 16×16-in. sheet of heavy foil. Place olive mixture in center of foil; roll or fold up edges of foil to form a side around the olive mixture, leaving the top open. Grill according to directions. Garnish with Italian parsley, if desired. Serves 10.

Grilled Potatoes with Lemon-Garlic Aioli

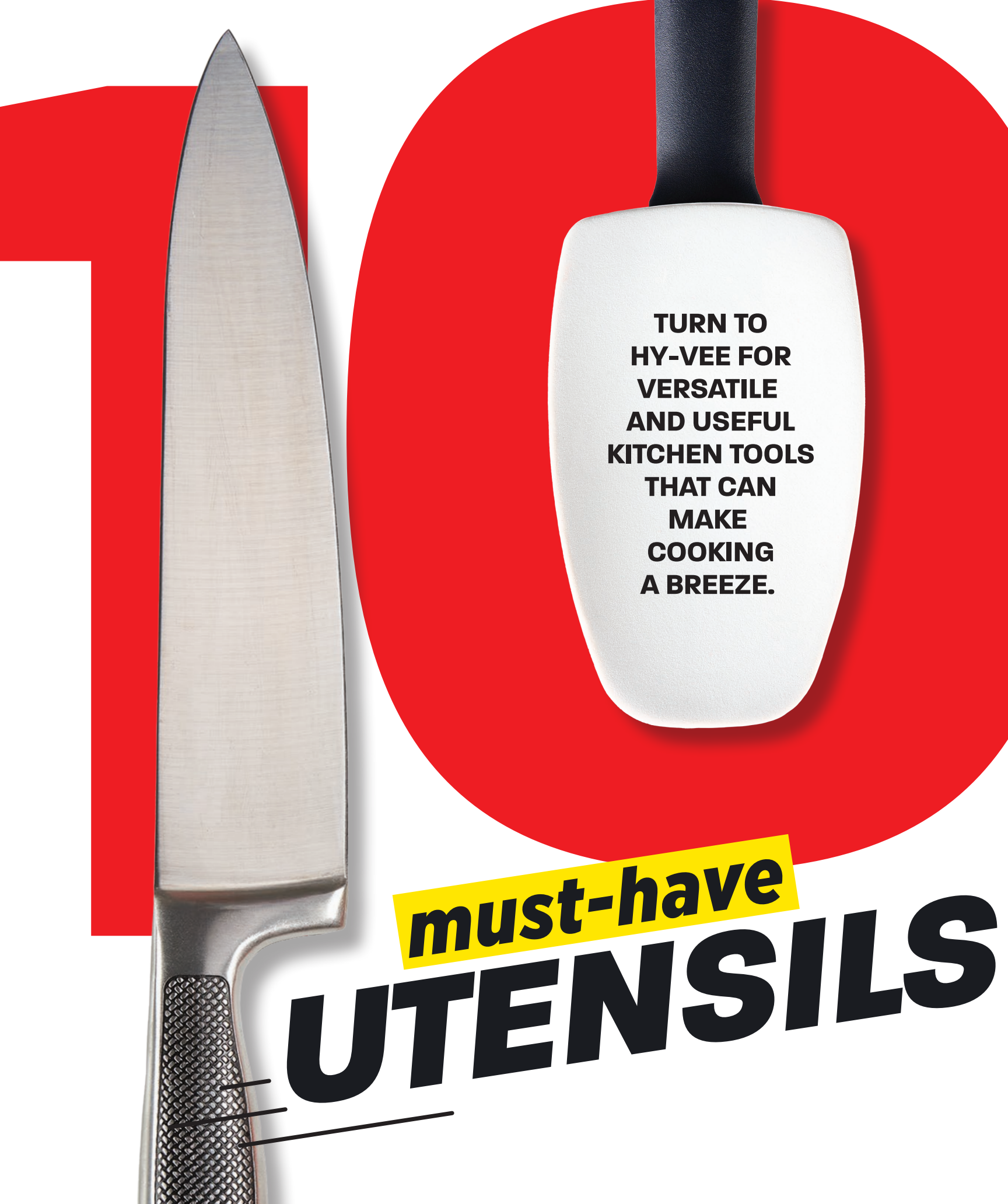
Combine ⅓ cup Hy-Vee mayonnaise, 1½ tsp. bottled chopped garlic, 1½ tsp. lemon zest, 1½ tsp. fresh lemon juice, 1½ tsp. Hy-Vee Dijon mustard, ½ tsp. finely ground Hy-Vee sea salt and ½ tsp. coarsely ground Hy-Vee black pepper in a small bowl; chill aioli mixture until serving. Cut 1 (1½-lb.) pkg. Hy-Vee Smart Bite Potatoes baby blondes in half. Place potatoes on a microwave-safe plate; microwave on HIGH for 4 minutes. Transfer potatoes to a large bowl. Add 3 Tbsp. Gustare Vita extra virgin olive oil, 1 Tbsp. bottled chopped garlic, 1 tsp. finely ground Hy-Vee sea salt and 1 tsp. coarsely ground Hy-Vee black pepper; toss to coat. Cut a 32×16-in. sheet of heavy foil. Place potato mixture in center of foil; roll or fold up edges of foil to form a side around the potato mixture, leaving the top open. Add 2 sprigs fresh rosemary on top of the potato mixture. Grill according to directions. Garnish with lemon zest and lemon wedges, if desired. Drizzle with aioli. Serves 10.

Grilled Garlic Mushrooms

Combine ¼ cup Gustare Vita extra virgin olive oil, 1½ tsp. bottled chopped garlic and ½ tsp. finely ground Hy-Vee sea salt in a large bowl. Add 1 (8-oz.) pkg. whole white mushrooms, trimmed; toss to coat. Cut a 16×16-in. sheet of heavy foil. Place mushroom mixture in center of foil; roll or fold up edges of foil to form a side around the mushroom mixture, leaving the top open. Grill according to directions. Garnish with curly parsley, if desired. Serves 10.

Red Wine Grilled Chorizo

Cut 1 (13.5-oz.) pkg. fully cooked chorizo smoked sausage into ½ in. pieces. Combine ½ cup dry red wine, 2 Tbsp. Gustare Vita extra virgin olive oil and 1½ tsp. Hy-Vee paprika in a large bowl. Add chorizo pieces; toss to coat. Cut a 16×16-in. sheet of heavy foil. Place chorizo mixture in center of foil; roll or fold up edges of foil to form a side around the chorizo mixture, leaving the top open. Add 2 sprigs fresh thyme on top of the chorizo mixture. Grill according to directions. Serves 6.



must-have UTENSILS

TURN TO
HY-VEE FOR
VERSATILE
AND USEFUL
KITCHEN TOOLS
THAT CAN
MAKE
COOKING
A BREEZE.



tools you NEED



1 GOOD COOK SILICONE SPATULA SPOON

A silicone spatula spoon has curved edges for scooping and scraping food, and it won't stain or become discolored over time.

WHY IT'S IMPORTANT: Silicone spatulas are safe to use on nonstick pans and they won't scorch or melt at normal cooking temperatures like rubber or plastic.

WAYS TO USE: Stir hot mixtures, scrape batter from bowls, stir sautéed veggies and even remove food directly from roasting or frying pans.



KITCHENAID STAINLESS STEEL UTILITY TONGS

Tongs are like an extra set of heat-resistant hands for grabbing, stirring, rotating and serving foods.

WHY IT'S IMPORTANT: Tongs spare your hands from burns and accidents when you need to reach into the oven or a hot pan to turn or grab food.

WAYS TO USE: Flip meat on the grill, serve salads, stir pasta, rotate foods in an air fryer, pick up chicken legs or lift spears of asparagus onto a plate.



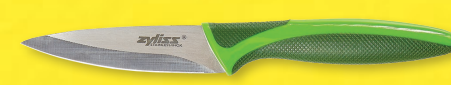
2 KITCHENAID MEASURING CUPS & SPOONS

Use these to accurately measure ingredients in cups, teaspoons and tablespoons.

WHY IT'S IMPORTANT: Cooking and baking rely on precise ingredient amounts to achieve the desired flavor, texture and yield.

WAYS TO USE: Measure both wet and dry ingredients like flour, sugar, milk, butter, baking powder, baking soda, salt, pepper, garlic powder, cooking oils and more.

the ultimate, most-versatile KNIFE



ZYLISS GREEN PARING KNIFE

For small-scale jobs that require some precision, a paring knife is always convenient.

WHY IT'S IMPORTANT: It can be used to cut small items quickly or for tasks that don't require a cutting board.

WAYS TO USE: Peel onions, core tomatoes, trim vegetables, segment citrus fruits, devein shrimp, slice avocados and cut berries.

5 GOOD COOK STAINLESS STEEL TURNER

Metal spatulas—also known as turners or flippers—are durable, easy to clean and come in a range of shapes and sizes to suit different cooking tasks.

WHY IT'S IMPORTANT: Metal spatulas neatly flip or transfer large, flat foods from grills and cast iron or carbon steel cookware.

WAYS TO USE: Flip and remove pancakes, burgers, eggs, fried fish and home fries from cooking vessels and transfer cookies to cooling racks.



6 CUISINART GRAPHIX CHEF'S KNIFE

The long, slightly curved edge of a chef's knife allows for easy slicing of foods of various sizes.

WHY IT'S IMPORTANT: Whenever you're not sure which knife to use, this do-everything workhorse chops, dices and slices almost anything.

WAYS TO USE: Chop herbs, mince garlic, dice onions and even carve and separate meat from bone.

AN UNSUNG KITCHEN

hero

SIMPLY DONE WHISK

This low-tech kitchen tool may seem simple, but the quality it brings to recipes is unmatched by other common utensils.

WHY IT'S IMPORTANT: Whisks blend, whip and help incorporate air into recipes while eliminating lumps and evenly dispersing ingredients for smooth, light, uniform flavor.

WAYS TO USE: Beat eggs for omelets, combine dry ingredients for baked goods, drizzle chocolate on desserts, make whipped cream and stir sauce or gravy in a pan.

8 GOOD COOK BOX GRATER

Box graters can turn a variety of foods into ribbons, strands and garnishes.

WHY IT'S IMPORTANT: Box graters' four useful sides shred, slice or grate foods in coarse or fine textures.

WAYS TO USE: Thinly slice raw veggies; finely grate cheese, nutmeg and cinnamon; zest citrus fruits or shred garlic and ginger.



9 OXO DIGITAL READ THERMOMETER

Digital thermometers detect the internal temperature of a dish in seconds and then display it on an easy-to-read screen.

WHY IT'S IMPORTANT: Cooking meat to the correct internal temperature helps ensure that potentially harmful germs are killed to prevent food-borne illnesses.

WAYS TO USE: Check the internal temperature of beef, veal, lamb, pork, chicken, turkey and fish before you remove it from the oven, grill or stovetop.



OXO GOOD GRIPS SNAP-LOCK CAN OPENER

Can openers are a simple, yet crucial gadget to have in the utensil drawer.

WHY IT'S IMPORTANT: While there are hacks for opening cans without this tool, a can opener is the safest way to remove lids.

WAYS TO USE: Open cans of any size quickly and easily.



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hy-vee SEASONS | hy-vee.com 45

HyVee SEASONS | July 2022

starts & MAINS

charcuterie boards

Meats, cheeses and crackers are a popular appetizer no matter where you take them. Find ready-to-go charcuterie boards and meat and cheese trays at Hy-Vee.

fruit and veggie trays

If you're picnicking with a crowd, bring fruit or vegetable trays from Hy-Vee to feed up to 16 people. For smaller crowds, try Short Cuts—washed, prepped fruits and veggies that are ready to serve.

easy croissant sandwich

Grab Di Lusso sandwiches and wraps at Hy-Vee, or make your own with Hy-Vee ingredients. Spread fig jam on a bakery croissant and layer smoked turkey, dried apricots, Brie and arugula. This upscale sandwich is quick, easy and delicious for a summer day.

PICNIC ESSENTIALS AT HY-VEE

Find everything you need to host an elegant picnic in-store or order online at Hy-Vee.com/shop

DECOR

Place a tablecloth or placemats on the table first. Then, make the picnic area more stylish and comfortable with blankets and pillows for guests to sit on.

CENTERPIECES

Add freshness and color to the table with centerpieces from Hy-Vee Floral. Pick up in-store or order custom blooms online.

TABLE SETTINGS

Set each place with cutlery, plates and glassware. Add serving trays and cake stands to help present the food.

FINISHING TOUCHES

Complete the spread with details such as candles or small bowls of snacks like nuts, olives or fruit.



canned cocktails

Include perfectly blended cocktails with no shaker required. Hy-Vee has premixed canned cocktails such as Tanqueray Sevilla Orange and Rangpur Lime gin and sodas that are pour-and-serve.

wines

Serve chilled wines that will refresh guests on a summer day. Pinot Grigio, rosé and Sauvignon Blanc are all good choices, and Hy-Vee has options such as Bogle Vineyards rosé.

bakery items

Pick up beautifully decorated desserts from the Hy-Vee Bakery, including lemon tarts, macarons, mini cannolis and white chocolate-dipped strawberries.

sips & SWEETS

CUSTOMIZE YOUR GATHERING WITH HOMEMADE DISHES SUCH AS THESE.

PICNIC-READY RECIPES



Watermelon Paloma

Remove and discard rind from 1 (8- to 9-lb.) seedless watermelon. Cut fruit into cubes; place in blender. Cover and blend in batches until smooth. Strain through a fine-mesh sieve set over a bowl; discard pulp. Cover and refrigerate juice up to 24 hours. For drinks, combine 3 Tbsp. turbinado cane sugar and 1½ tsp. kosher salt in a shallow dish. Rub rims of 8 (10-oz.) cocktail glasses with lime wedges; dip in sugar mixture and set aside. Add 6 cups watermelon juice to a large ice-filled pitcher; reserve any remaining juice for another use. Add 16 oz. fresh red grapefruit juice, 12 oz. silver tequila and 4 oz. fresh lime juice to pitcher; stir to combine. To serve, fill prepared glasses with ice. Pour watermelon mixture into prepared glasses. Garnish with grapefruit slices and fresh mint, if desired. Serves 8 (9 oz. each).

Miso, Cucumber and Radish Salad

Total Time 15 minutes plus chilling time
Serves 10 (¾ cup each)

2 Tbsp. white miso paste
¼ cup seasoned rice wine vinegar
1 tsp. Hy-Vee granulated sugar
1 tsp. kosher salt
1 tsp. chili oil
1 tsp. Hy-Vee toasted sesame oil
2 cloves garlic, minced
¼ tsp. Hy-Vee crushed red pepper
4 cups diagonally-sliced mini cucumbers
(about 6 mini cucumbers)
2 shallots, thinly sliced

2 cups quartered radishes
Chopped Italian parsley, for garnish
White sesame seeds, for garnish

1. WHISK together miso paste, vinegar, sugar, salt, chili oil, sesame oil, garlic and red pepper in a large bowl until combined.

2. ADD sliced cucumbers and shallots to miso mixture; gently stir to coat. Cover and chill for 10 minutes or up to 2 hours.

3. TO SERVE, add radishes to cucumber mixture; toss to coat. Transfer salad to a medium serving bowl. Garnish with fresh parsley and white sesame seeds, if desired.

Per serving: 45 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 520 mg sodium, 9 g carbohydrates, 0 g fiber, 4 g sugar (0 g added sugar), 1 g protein. Daily Values: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%



Corn Chip Fattoush Salad

Total Time 25 minutes plus chilling time
Serves 10 (1½ cup each)

4 ears Hy-Vee Short Cuts sweet corn
1 Tbsp. plus ¼ cup Gustare Vita extra virgin olive oil, divided
1 Tbsp. salt-free sumac seasoning
1 Tbsp. fresh lemon juice
4 cloves garlic, minced
½ tsp. kosher salt
¼ tsp. ground white pepper
1 medium yellow summer squash, sliced and halved

1 medium zucchini, sliced and halved
1 small red onion, thinly sliced
1 cup canned Hy-Vee no salt added garbanzo beans, drained and rinsed
1 cup halved Hy-Vee sweet grape tomatoes
4 cups chopped Hy-Vee romaine lettuce hearts
½ (9.25-oz.) pkg. Fritos Scoops corn chips
½ cup crumbled queso fresco cheese
2 Tbsp. chopped fresh mint
2 Tbsp. chopped Italian parsley

1. PREHEAT a charcoal or gas grill with greased grill rack over medium-high heat (375°F). Brush corn with 1 Tbsp. olive oil. Grill for 10 to 12 minutes or until tender and slightly charred, turning frequently. Remove from grill;

cool slightly. Cut kernels from cobs; place kernels in medium bowl and set aside.

2. WHISK together remaining ¼ cup olive oil, sumac seasoning, lemon juice, garlic, salt and white pepper in large bowl. Add corn, yellow squash, zucchini, red onion, garbanzo beans and tomatoes; toss to coat. Cover and refrigerate for 30 minutes or up to 2 hours.

3. TO SERVE, toss with romaine, corn chips, queso fresco, mint and parsley; serve immediately.

Per serving: 230 calories, 14 g fat, 2.5 g saturated fat, 0 g trans fat, 5 mg cholesterol, 240 mg sodium, 24 g carbohydrates, 4 g fiber, 5 g sugar (0 g added sugar), 6 g protein. Daily Values: Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 8%



Pineapple-Lemon Angel Lush Cake

Total Time 25 minutes plus chilling time
Serves 10

2 cups Hy-Vee heavy whipping cream
1 cup Hy-Vee powdered sugar
1 (3.4-oz.) pkg. Hy-Vee instant lemon pudding and pie filling
1 (8-oz.) can That's Smart! crushed pineapple in pineapple juice, drained
1 (15-oz.) Hy-Vee Bakery round angel food cake, split into 2 layers
Lemon slices, for garnish
Raspberries, for garnish

1. BEAT whipping cream and powdered sugar in large mixing bowl with electric mixer until soft peaks form (tips curl). Gently fold instant lemon pudding into whipped cream mixture. Cover and refrigerate for 30 minutes or up to 2 hours.

2. PLACE crushed pineapple in a mini food processor or blender; cover and process or blend until smooth. Gently fold pineapple into lemon whipped cream mixture.

3. TO ASSEMBLE, place bottom layer of angel cake on a plate; spread half of the pineapple-lemon mixture on top. Place second layer on top; spread with remaining pineapple-lemon filling. If desired, refrigerate, uncovered, up to 1 hour before serving. Garnish with lemon slices and raspberries, if desired.

Per serving: 360 calories, 17 g fat, 11 g saturated fat, 0.5 g trans fat, 55 mg cholesterol, 120 mg sodium, 49 g carbohydrates, 0 g fiber, 40 g sugar (20 g added sugar), 3 g protein. Daily Values: Vitamin D 6%, Calcium 20%, Iron 0%, Potassium 2%

EXPLORE HOW TO PREPARE
SEAFOOD WITH RECIPES
INSPIRED BY CULINARY
TRADITIONS FROM AROUND
THE MEDITERRANEAN SEA.



MEDITERRANEAN SEAFOOD GRILL

Grilled Spanish Paella

Hands On 30 minutes
Total Time 50 minutes
Serves 6 (2 cups each)

- 1** (16-oz.) pkg. Fish Market frozen shell-on, EZ peel & deveined raw shrimp (16 to 20 ct.), thawed
10 Fish Market live mussels
8 Fish Market live littleneck or cherrystone clams
1 lb. Hy-Vee True boneless skinless chicken thighs
1 1/4 tsp. kosher salt, divided
1/4 tsp. Hy-Vee black pepper
2 Tbsp. Gustare Vita olive oil
4 oz. Spanish cured chorizo, sliced 1/4-in. thick and quartered
3/4 cup chopped onion
3 cloves garlic, minced
2 tsp. smoked paprika
1 1/4 cups Hy-Vee long grain white rice
2 3/4 Hy-Vee no salt added chicken broth
1 Hy-Vee dried bay leaf
1/2 tsp. saffron threads, crushed
1/2 red bell pepper, seeded and thinly sliced
1/2 cup Hy-Vee frozen sweet peas, thawed
1 Tbsp. fresh lemon juice
Italian parsley, for garnish

1. PEEL shrimp, leaving tails attached. Cover and refrigerate. Rinse mussels and clams; soak in cold water for 15 to 20 minutes.

2. PREHEAT a charcoal or gas grill with a greased grill rack and two grilling zones: direct grilling over medium-high (375°F) heat and

indirect grilling over medium heat (350°F).

3. PAT chicken thighs dry; season with 1/4 tsp. salt and black pepper. Grill for 6 to 8 minutes over direct heat or until browned, turning halfway through. Cut partially cooked chicken into 1 1/2-in. pieces; set aside.

4. PLACE a 12-in. cast iron skillet over direct heat. Add olive oil; heat for 2 minutes. Add chorizo, onion, garlic and paprika. Cook for 3 minutes, stirring frequently. Add rice; cook and stir for 3 minutes. Stir in chicken broth, bay leaf, remaining 1 tsp. salt and saffron. Top with red bell pepper. Cover with tight-fitting lid; cook for 15 minutes.

5. MOVE skillet to indirect heat. Drain mussels and clams; add to rice mixture; stir. Cover and cook for 6 minutes.

6. STIR in chicken, shrimp, peas and lemon juice. Cover and cook for 8 to 12 minutes or until mussels and clams open, chicken reaches 165°F and shrimp reach 145°F. Discard unopened mussels and clams.

7. MOVE skillet to direct heat; cook, uncovered, for 2 to 3 minutes or until mixture begins to sizzle. Remove bay leaf. Garnish with parsley, if desired.

Per serving: 500 calories, 16 g fat, 4.5 g saturated fat, 0 g trans fat, 220 mg cholesterol, 1,100 mg sodium, 41 g carbohydrates, 2 g fiber, 2 g sugar (0 g added sugar), 45 g protein. **Daily Values:** Vitamin D 0%, Calcium 8%, Iron 30%, Potassium 10%

SHELLFISH

Fish Market fresh clams and mussels along with frozen shrimp join chicken, chorizo and rice for a hearty one-pan meal that has the sweet, earthy flavor of saffron.



Paella is a rice dish that originated in Valencia,

one of the most prolific rice-producing areas of Spain. It was cooked over an open fire in one pot and featured

rice, seafood or meat and whatever other ingredients were available. Paella is traditionally made with Bomba, a short-grain rice, but other rices can be substituted.





4 WAYS TO GRILL FISH

MOVE OVER BEEF!
SEAFOOD ALSO HAS A
PLACE ON THE GRILL.

1 Direct grilling: Oil the grill rack and cook fillets skin side down to help hold the fish together and prevent sticking.

2 Foil pan: Shape heavy foil into small disposable “pans” and fill with fish, vegetables and flavorings or sauces, then place on the grill.

3 Cast iron skillet: Preheat a seasoned pan (ready when a drop of water sizzles upon hitting its surface) to blacken fish evenly.

4 Grilling planks: Use a cedar grilling plank (available at Hy-Vee) to keep fish intact and juicy while imparting subtle smoky and earthy flavor from the plank.

Note: Experts in the Hy-Vee Seafood Department can answer questions and share tips on food prep, seasoning and grilling techniques.

SCALLOPS

When seasoned and grilled, Fish Market fresh scallops from the Hy-Vee Seafood Department are the perfect complement to this light and refreshing dish.



SEAFOOD WITH THE RESPONSIBLE CHOICE SYMBOL was caught or farmed in a sustainable way that protects ecosystems and preserves fish supply for future generations.

COUSCOUS

Couscous is a tiny, round pasta, not a grain as typically assumed. Israeli couscous granules are large and toasted, giving it a nuttier flavor and chewier texture than traditional couscous.

Israel

Along with Mediterranean and Middle Eastern influences, Israeli cuisine has been shaped by the traditions of Jewish

immigrants from around the world, resulting in a fusion of flavors. Seafood, fresh vegetables, couscous and za'atar seasoning are mainstays in Israeli dishes.

Israeli Couscous Scallop Bowls

Total Time 50 minutes
Serves 4

2 cups water
1½ cups Hy-Vee Select Israeli couscous pasta
½ tsp. Hy-Vee salt
½ medium yellow bell pepper, seeded and cut into 1-in. pieces
½ medium red bell pepper, seeded and cut into 1-in. pieces

1 medium zucchini, halved lengthwise and cut into ½-in.-thick slices
3 Tbsp. Gustare Vita olive oil, divided
3 tsp. za'atar seasoning, divided
Hy-Vee nonstick cooking spray
1 lb. Fish Market fresh sea scallops
3 Tbsp. fresh lemon juice, divided
2 Tbsp. chopped Italian parsley, plus additional for garnish

2 thinly sliced green onions, plus additional for garnish
¾ cup Hy-Vee no salt added garbanzo beans, drained and rinsed
Lemon wedges, for serving

1. BRING water to boil in a medium saucepan; stir in couscous and salt. Reduce heat and simmer 8 to 10 minutes or until al dente; set aside. Preheat a charcoal or gas grill for direct cooking over medium heat (350°F).

2. PLACE yellow and red peppers and zucchini in a medium bowl. Drizzle with 2 Tbsp. olive oil; toss to coat. Sprinkle with 2 tsp. za'atar seasoning; toss to combine.

3. SPRAY a grill basket with nonstick spray. Spread vegetable mixture in basket. Grill for 6 to 7 minutes or until crisp-tender, stirring frequently. Remove from grill.

4. PAT scallops dry with paper towels. Place in medium bowl. Add remaining 1 Tbsp. olive oil, 1 Tbsp. lemon juice and remaining 1 tsp. za'atar seasoning. Toss to coat evenly.

5. GRILL scallops for 6 to 8 minutes or until scallops reach 145°F, turning halfway through.

6. PLACE cooked couscous, 2 Tbsp. parsley, 2 sliced green onions and remaining 2 Tbsp. lemon juice in another medium bowl; toss until combined. Spoon couscous mixture into 4 serving bowls. Top with cooked scallops, grilled vegetables and garbanzo beans. Garnish with additional parsley and green onions; serve with lemon wedges, if desired.

Per serving:
450 calories, 12 g fat, 1.5 g saturated fat, 0 g trans fat, 30 mg cholesterol, 480 mg sodium, 61 g carbohydrates, 5 g fiber, 3 g sugar (0 g added sugar), 25 g protein. Daily Values: Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 15%

Salmon Skewers

See how to grill flavorful Alaska Coho salmon fillets from Hy-Vee.

Hy-Vee
seasons

Watch and learn at
Seasons.Hy-Vee.com

Moroccan Salmon Kabobs

Hands On 20 minutes
Total Time 32 minutes
plus marinating time
Serves 4

1 cup Hy-Vee Short Cuts
chopped red onions
½ cup Gustare Vita extra
virgin olive oil
3 Tbsp. fresh lemon juice
2 Tbsp. finely chopped
cilantro, plus additional
for garnish
1 tsp. Hy-Vee paprika
1 tsp. Hy-Vee salt
½ tsp. ground turmeric
½ tsp. Hy-Vee
ground cinnamon
½ tsp. Hy-Vee
ground cumin
½ tsp. Hy-Vee chili powder
½ tsp. Hy-Vee black pepper
2 cloves garlic, minced
1½ lb. Fish Market fresh
skinless Alaska Coho
salmon fillets, about
1½ in. thick

1 cup cherry tomato
medley
2 lemons, halved;
for serving

1. STIR red onions,
olive oil, lemon
juice, 2 Tbsp. cilantro,
paprika, salt, turmeric,
cinnamon, cumin, chili
powder, pepper and garlic
in a medium bowl until
combined.

2. CUT salmon into
1¼-in. cubes; add to
mixture in bowl and
toss to coat. Cover and
marinate in refrigerator for
30 minutes to 1 hour.

3. PREHEAT a charcoal or
gas grill with a greased grill
rack for direct cooking over
medium-high heat (375°F).
Alternately thread salmon
and tomatoes onto
4 (10-in.) metal skewers.
Discard marinade.

4. GRILL kabobs for
7 to 9 minutes or until fish
easily flakes when tested
with a fork (145°F), turning
halfway through. Grill
lemon halves, cut sides
down, for 2 to 3 minutes
or until charred.

5. TO SERVE, squeeze
juice from charred lemon
halves over kabobs.
Garnish with additional
cilantro, if desired.

Per serving: 210 calories,
19 g fat, 3 g saturated fat,
0 g trans fat,
5 mg cholesterol,
590 mg sodium,
8 g carbohydrates,
10 g fiber, 3 g sugar
(0 g added sugar),
3 g protein. Daily Values:
Vitamin D 6%, Calcium 2%,
Iron 6%, Potassium 4%

SALMON

Fish Market
fresh skinless
Alaska Coho
salmon from the
Hy-Vee Seafood
Department is a
skewer superstar
with tomatoes,
onions and spices.

Morocco

Although there are
several distinct Moroccan
cooking styles, spices
play an important role in
each of them. A carefully

curated mix of spices
determines not only
the flavor but also the
hue of a particular dish.
For example, the red
hue of a M'hammar-
style dish comes from
spices such as paprika
and cumin, as well as
the chili powder used
in this recipe.

Grilled Cod Gyro

Hands On 35 minutes

Total Time 48 minutes

Serves 5

1 cup coarsely shredded
English cucumber, plus ½ cup
chopped cucumber
½ cup Culinary Tours tzatziki dressing
1 small Roma tomato, chopped
¼ cup Hy-Vee Greek kalamata pitted
olives, drained and quartered
1½ Tbsp. Hy-Vee zesty Italian
salad dressing
1½ tsp. finely chopped fresh dill,
plus additional for garnish
Hy-Vee nonstick cooking spray
1½ (12-oz.) pkg. Fish Market
frozen Alaskan cod fillets
(about 18 oz.), thawed
2 tsp. all-purpose Greek seasoning
1 (12.5-oz.) pkg. Greek pita bread
rounds (5 ct.)

1. STRAIN liquid from 1 cup shredded
cucumber. Stir together shredded
cucumber and tzatziki dressing in small
bowl; cover and refrigerate until ready to
serve.

2. FOR SALAD MIXTURE, place
remaining ½ cup chopped cucumber,
tomato, olives, Italian salad dressing and
1½ tsp. dill in medium bowl; toss to
coat and set aside.

3. PREHEAT a charcoal or gas grill for
direct cooking over medium-high heat
(375°F). Spray a large grill basket with
cooking spray; set aside.

4. PAT fish dry with paper towels.
Season both sides with Greek
seasoning. Place fish fillets, in a single
layer, in prepared grill basket. Grill fish
for 10 to 12 minutes or until fish reaches
145°F, turning halfway through. Place
pita breads on grill rack; grill for 30 to
60 seconds or until warm, turning
halfway through.

5. TO SERVE, flake fish. Spoon some
of the tzatziki mixture on pitas; top
with fish, salad mixture and remaining
tzatziki mixture. Garnish with additional
dill, if desired. Fold in half to serve.

Per serving: 440 calories, 20 g fat,
1 g saturated fat, 0 g trans fat,
45 mg cholesterol, 960 mg sodium,
41 g carbohydrates, 1 g fiber, 1 g sugar
(0 g added sugar), 34 g protein.
Daily Values: Vitamin D 0%, Calcium 10%,
Iron 10%, Potassium 2%

COD

Fish Market frozen
fillets from the Hy-Vee
Seafood Department
star in this gyro, which
includes tzatziki
dressing and Greek
kalamata olives.



Greece

Gyros are a
staple of Greek
cooking. This
street fare
traditionally
consists of
a flatbread
(known as
a pita) filled
with thinly

sliced chicken,
lamb or pork
accompanied
by cucumbers,
olives, dill
seasoning
and dressing.
Variations have
sprung up
featuring beef
or fish.



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GRILL-OUT**



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SERVING UP THE STARS & STRIPES



PATRIOTIC-INSPIRED TREATS AND SIDE DISHES ADD FESTIVE FLAIR TO SUMMER PICNICS, COOKOUTS AND PARTIES. THESE QUICK, EASY AND REFRESHING RECIPES FEATURE A VARIETY OF RED, WHITE AND BLUE INGREDIENTS.

PATRIOTIC PARFAITS

Combine 1 cup Hy-Vee strawberry preserves with ½ cup sliced Hy-Vee Short Cuts strawberries in medium bowl. Spoon strawberry mixture in bottoms of 4 (12-oz.) glasses. Layer with ½ cup Hy-Vee lowfat vanilla yogurt, 2 tsp. Hy-Vee honey, ½ cup blueberry hemp granola and 1 cup blueberries. Drizzle with additional 2 tsp. Hy-Vee honey. Serves 4.



COCONUT-BERRY HYDRATION POPS

Whisk together 2 cups Full Circle Market coconut water, 1 Tbsp. Hy-Vee honey and 1 Tbsp. fresh lime juice in a large bowl. Stir in ½ cup sliced Hy-Vee Short Cuts strawberries, ½ cup halved raspberries and ½ cup halved blackberries. Pour into 10 (3-oz.) ice pop molds; cover and insert wooden craft sticks. Freeze for 4 to 6 hours or until frozen. To serve, dip molds in warm water to loosen pops from molds. Serves 10 (1 each).

BLUEBERRY-CHERRY PULL-APART PIE

Preheat oven to 450°F. Line bottom of 8-in. springform pan with parchment paper; set aside. On lightly floured surface, roll out 1 pastry crust from 1 (15-oz.) pkg. Hy-Vee ready-to-bake 9-in. pie crusts (2 ct.) into 12-in. round. Cut into 18 pastry rounds using 2¼-in.-round cookie or biscuit cutter. Repeat rolling out remaining pastry crust and cutting into 18 (2¼-in.) pastry rounds. Spoon ½ cup canned Hy-Vee blueberry pie filling or topping in centers of half of rounds, using about 1 tsp. for each round. Repeat with ½ cup canned Hy-Vee cherry pie filling or topping for remaining rounds. Pinch edge up in four corners on each pastry round to form a side around pie filling with open top. Place filled pastry rounds with the open tops up in prepared cake pan, alternating cherry and blueberry pie filling rounds. Bake for 25 to 30 minutes or until pie crust is lightly browned. Cool pie in pan on wire rack. To serve, remove side from springform pan; transfer pie to serving platter. For glaze, stir together ¼ cup Hy-Vee powdered sugar and 1½ to 2 tsp. Hy-Vee 2% reduced-fat milk to make a drizzling consistency; drizzle over pull-apart pie. Serves 18 (2 each).



Dessert Delight
Learn how easy it is to make this pull-apart pie, perfect for backyard parties this summer.

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seasons
Watch and learn at
Seasons.Hy-Vee.com

TRI-COLOR POTATO SALAD

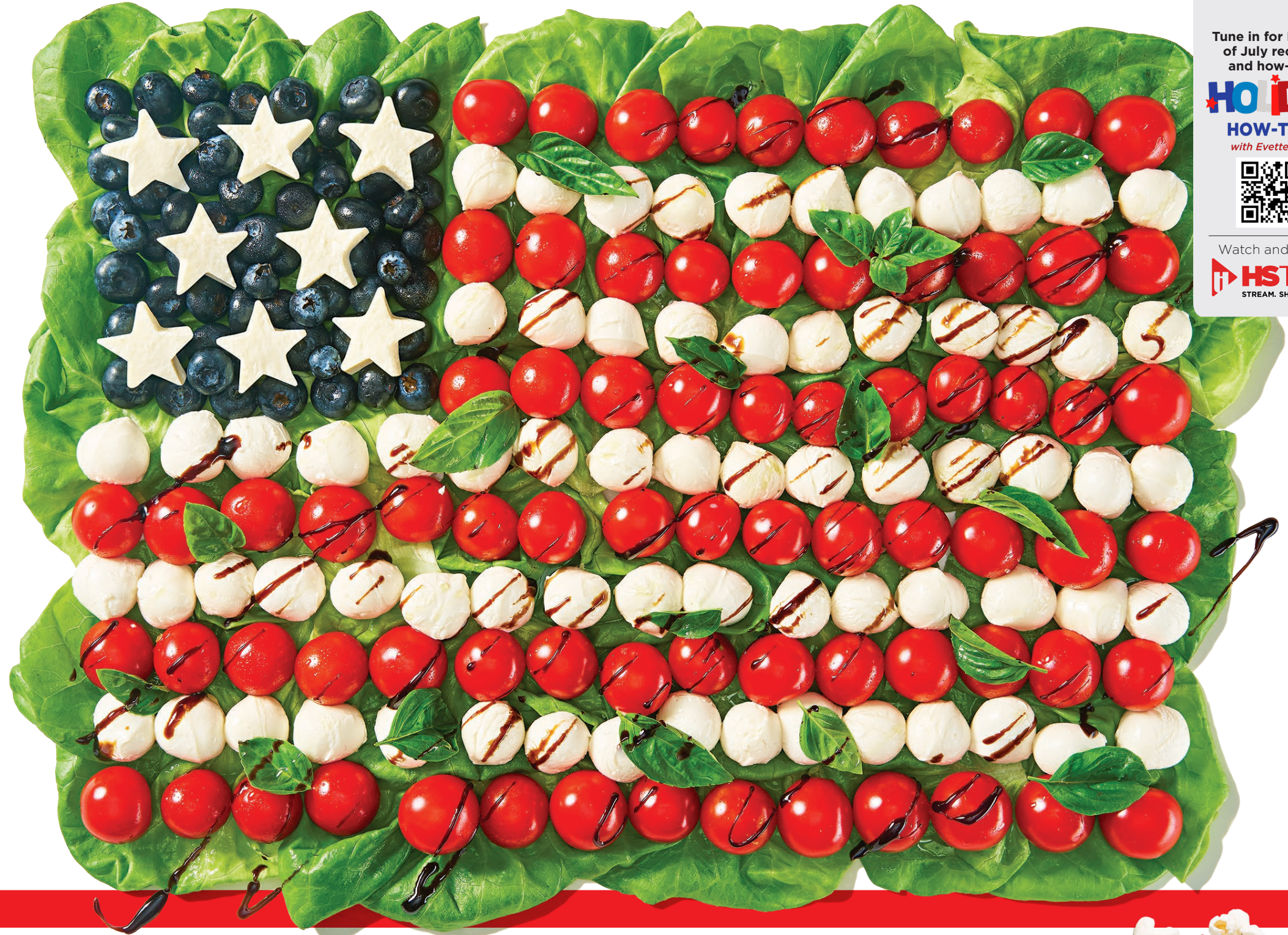
Fill a large saucepan half full with cold water. Add 2 (1½-lb.) pkg. Hy-Vee Smart Bite flavor fusion potatoes. Bring to boil; reduce heat to medium. Simmer, covered, for 12 to 15 minutes or until potatoes are fork tender. Drain; cool. Stir together ½ cup Hy-Vee mayonnaise, ¼ cup Hy-Vee sour cream, 2 Tbsp. lemon zest, 3 Tbsp. fresh lemon juice, 2 Tbsp. finely chopped fresh basil, 1 Tbsp. Hy-Vee Dijon mustard, 1 tsp. finely ground Hy-Vee sea salt and ½ tsp. ground white pepper in a medium bowl. Stir in 1 cup Hy-Vee Short Cuts chopped red bell peppers. Cut cooled potatoes into quarters; add to mayonnaise mixture and gently stir to coat. Cover and chill for 2 to 6 hours. To serve, garnish with additional lemon zest and chopped basil, if desired. Serves 12 (¾ cup each).

PAIR THIS MULTICOLOR POTATO SALAD WITH BURGERS, BRATS OR HOT DOGS FROM THE GRILL.



STAR-SPANGLED CAPRESE SALAD

Layer 15 butterhead lettuce leaves and ½ cup tightly packed basil on a 15×10-in. tray or baking pan. Arrange 1 cup blueberries in the top left corner to form a square. Alternate 2 cups cherry tomatoes and 2 (8-oz.) pkg. ciliegine (cherry size) fresh mozzarella to create red and white stripes. Cut 8 slices Soirée sliced fresh mozzarella cheese into stars using a small, star-shape cookie cutter. Layer cheese stars on top of blueberries. To serve, lightly drizzle with Gustare Vita extra virgin olive oil and Gustare Vita balsamic glaze. Garnish with additional basil and coarsely ground Hy-Vee sea salt. Serves 6.



MORE SIMPLE STARS AND STRIPES COMBOS TO TRY.

PATRIOTIC SALSA Mix together chopped strawberries, whole blueberries, chopped jicama, finely chopped white onion and fresh cilantro. Cover with a lime, honey, jalapeño and garlic dressing. Serve with chips or spoon over grilled chicken.

WATERMELON “CAKE” Cut 3 to 4 round slices from a watermelon; trim to the same size. Build the “cake” by alternating watermelon slices and sliced strawberries, blueberries and peaches. Top with extra fruit.

SHORTCAKE KABOBS Thread sliced strawberries and cubes of angel food cake on skewers. Melt blue and white chocolate candy discs in separate bowls and then drizzle both over the skewers for a festive look and sweet taste.

RED, WHITE & BLUE POPCORN TRAIL MIX

Combine 4 cups Hy-Vee lightly salted popcorn, 1 cup Hy-Vee vanilla yogurt-covered raisins, 1 cup Hy-Vee dried cranberries and 1 cup Hy-Vee dried blueberries in large bowl. Serves 8 (¾ cup each).



Tune in for Fourth of July recipes and how-tos!

HOLIDAY

HOW-TO'S

with Evette Rios



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Fast & Fresh

life

Discover how entertainers Julianne Hough and Nina Dobrev launched a line of wines, get dorm room stock-up ideas and learn how to keep your pup peaceful.

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NINA DOBREV & JULIANNE HOUGH:

Of the Same Vine

Hollywood entertainers **Nina Dobrev** and **Julianne Hough** are **toasting to their friendship** and a new collaboration: **Fresh Vine Wine, now at Hy-Vee**. Introduced in 2012 by a mutual friend, Nina and Julianne quickly bonded over their many similarities, including their love for an active lifestyle and a glass of wine. Those same interests inspired them to go into business together and launch Fresh Vine Wine, a collection of guilt-free, health-focused wines that go back to the traditional roots of winemaking. "Fresh Vine is definitely the perfect balance of our friendship," Julianne says. "It's laughter, fun, celebration, as well as staying really aware of our health."



As actors, entertainers and entrepreneurs, best friends Nina Dobrev and Julianne Hough both lead jam-packed lifestyles. Nina has been an actress for more than 15 years, starring in hit TV shows and movies such as *Degrassi: The Next Generation*, *The Vampire Diaries* and *Love Hard*. An Emmy-winning choreographer, professional dancer and television personality, Julianne first became a household name in the mid-2000s as the youngest professional dancer ever to win *Dancing with the Stars*, and also is known for her work as a singer, actress and Broadway performer. Combined, the pair have more than 30 million devoted followers on Instagram.

When they first met 10 years ago, Julianne and Nina were both at similar points in life. “We met through our hair stylist, Riawna Capri, who at the time was doing both of our hair, and we both were actually going through big life changes, both breaking up with our significant others,” Julianne says. “And she was just like, ‘You know what? I think you guys would be really good friends, not just because of what you’re going through, but you basically are like the blonde and brunette version of each other.’”

“She was right,” Nina chimes in, “Ever since then, the rest has been history!”

Mutual interests like a love for travel and staying active initially drew them together. “We knew we were best friends pretty much the minute we met,” Julianne says. “We went on a ‘date’ actually, a friend date to a Lakers game.”

Nina agrees that they both felt a connection almost instantly. “I know that sounds cheesy, but when we first hung out, we ended up talking for hours on end bouncing off each other,” Nina says. “And what’s great is that as we grow older, we have managed to stay in sync and move through different chapters of our lives together.”

One new chapter they’re undertaking is the launch of Fresh Vine Wine, now at Hy-Vee. They both wanted to be able to savor a few glasses of wine together without feeling the effects the next morning. “We found a gap in the market, and really felt there wasn’t a wine that we tried in the good-for-you category that we liked,” Nina says. “We wanted to create something that tasted premium but was guilt-free. We are big social butterflies and tend to always have a glass in our hands when we are together catching up, so making that into a company is a dream.”

After years of friendship, creating Fresh Vine together was an easy decision. “We’ve definitely drank a lot of wine together, and to be able to create something that felt really authentic and true to us was just kind of a no-brainer,” Julianne says.

Once they realized the wine they were looking for wasn’t already on shelves, the pair teamed up with Jamey Whetstone, a Napa Valley winemaker with over 20 years of experience. “His experience in the field is so beyond that we feel like we hit the jackpot by being able to have Jamey on our team,” Julianne says.

Throughout the process of developing Fresh Vine, Nina and Julianne have been involved at every step. “We fly to Napa often to taste and test the different varietals,” Nina says. “From the bottle design, website design, marketing, social media... we’re both very hands on.”

More than anything, Julianne and Nina want their customers to bond over each glass, just like they did. “We really care about the people who are experiencing the wine, and we want everyone to have the same experience that we do, which is friendship, bonding, connection and relationship,” Julianne says.



NINA DOBREV

The Dobrev family emigrated from Bulgaria to Canada when Nina was just two years old, and as a child, she loved being in the spotlight. Her father worked as a computer specialist, but it was her artist mother who inspired Nina’s creativity. “She always pushed me and told me that I can do anything I want,” Nina says. “She gave me the freedom to be me, and for that I am grateful. I also was always putting shows on for my family and forced them to watch me at all times, so I think it was supposed to happen.”

From a young age, she took dance and gymnastics, but was eventually drawn to acting. “When I first started out, I auditioned for anything and everything. For every role you get, you have to audition 100 times and get rejected,” Nina says. “You have to have really tough skin and work hard and be passionate.”

Her break came when she was cast in the role of Mia Jones on *Degrassi: The Next Generation* at just 17 years old. After three seasons on the show, she was ready to take on her next character: stepping into the lead role of Elena Gilbert on *The Vampire Diaries*.

Nina has acted in a variety of genres, including drama, thriller, action and romantic comedy, starring in films such as *The Perks of Being a Wallflower*, *Flatliners*, *Lucky Day* and *Love Hard*. “There isn’t just one dream role for me, there are many,” she says. “And they all share the same recipe: A great compelling story, a character who is complex and flawed, and a director who is passionate.”

Another dream that has come to life is working with her longtime friend, Julianne. “It is so rare to find people in your life that just get you, and I mean really get you,” Nina says. “People that complement you in the best ways and friends that are always there without wanting something in return. Jules is the sister I never had growing up.”



In addition to acting, Nina also steps behind the camera as an executive producer. Her work includes the documentary *Fin* and the upcoming comedy *Sick Girl*, which she also stars in. “I take roles that push me and challenge me,” Nina says. “I like to be stimulated and I love to transform into a different person. If I’m not a little bit scared to do it, it’s not for me!”

JULIANNE HOUGH

Growing up, Julianne always knew she was destined for the stage. “I basically was coming out of the womb dancing,” she says.

She began training at age seven, and moved to London at just 10 to study dance full time. “I lived with my dance coaches and trained morning, noon and night, basically,” she says. “It taught me strength and commitment. It taught me so much about who I wanted to be in my life and there was no real backup plan.”

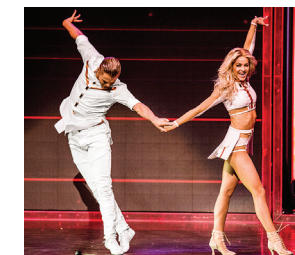
Her dedication paid off; at 18, Julianne joined the cast of *Dancing with the Stars* as a professional dancer. Almost from her very first samba, Julianne became a household name. In her first season, she became the youngest pro to ever win with partner Apolo Ohno. Next season, she did it again paired with Hélio Castroneves and received her first Emmy nomination for

outstanding choreography. She received two more nominations for choreography, winning in 2015 for a routine performed with her older brother, Derek.

Since her start on the show, Julianne’s career has only grown. A true performer, she’s released multiple chart-topping country music songs, starred in films such as *Footloose* and *Rock of Ages* and recently made her Broadway debut in the comedic play *POTUS*.

And now, she also has a new focus—running a business with her best friend, Nina. Fresh Vine Wine has allowed the pair to grow their friendship and share their passion for health with a larger audience. “It’s that perfect balance of still being able to have fun and have a good time while also not compromising on the side of us that really wants to stay healthy and live a long, beautiful life,” Julianne says.

All four of Julianne’s grandparents were trained dancers, her parents met as members of a college ballroom dancing team and her four older siblings all studied dance. In the past few years, she’s had more opportunities to perform with her brother, Derek Hough. “When we choreograph, it’s almost like we don’t even have to speak. We just do,” Julianne says. “It’s like our own hidden language.”



THE FRUIT OF FRESH VINE WINE

Fresh Vine's premium flavor comes from hand-selected grapes grown along the California coast. Each region offers a different flavor profile—for example, Lake County grapes grow in iron-rich soil, resulting in more tannins, which create the dry mouthfeel that comes from some wines. Grapes grown in Monterey County mature more slowly for a better acid-sugar balance. The wine ferments without additives or extra sugar, which results in a delicious low-calorie, low-carb, low-sugar, vegan-friendly wine. "Sourcing from these regions provides the perfect opportunity for the delicate balance of sugar, acidity and flavors that makes Fresh Vine Wine unique and flavor-forward with the highest quality," Nina says.

"HY-VEE IS SYNONYMOUS WITH QUALITY, VARIETY AND CONVENIENCE, AND THEY'RE CONSTANTLY LOOKING TO BRING THE BEST BALANCED ASSORTMENT TO THEIR STORES... AT FRESH VINE WINE, WE BRING THE BEST WINEMAKING TECHNIQUE AND EXPERTISE TO DELIVER A PREMIUM, LOWER-CALORIE, LOWER-SUGAR, LOWER-CARB WINE WITHOUT SACRIFICING ON TASTE."

—NINA DOBREV



FRESH VINE VARIETALS:
—CHARDONNAY: GREEN APPLE, PEAR, LYCHEE, HAZELNUT AND OAK
—PINOT NOIR: ROSE PETAL, DARK CHERRY AND SPICES
—CABERNET SAUVIGNON: BLACKBERRY PIE, DARK CHERRY AND SPICES
—ROSÉ: ROSE PETAL, WHITE PEACH AND GRAPEFRUIT

PEAR-THYME CHARDONNAY SPRITZER

Muddle 1 Tbsp. fresh thyme leaves and 2 oz. chilled organic pear juice in a 2-cup glass measuring cup. Stir in 8 oz. chilled Fresh Vine Chardonnay. Strain wine mixture through a fine-mesh sieve into 2 (12-oz.) ice-filled stemless wine glasses. Top each off with 2 oz. chilled Hy-Vee club soda. Garnish with pear slices and thyme sprigs. Serves 2 (7 oz. each).



g & a

Q. How do you support each other?

Julianne: Nina and I support each other in everything. I think that doesn't mean that you necessarily support every decision, that you might disagree on certain things, but you still have that person's back...I think that's what real friends do! They call you into your highest self and I think that both of us have had lots of big moments in our life and we're always just honest. Honesty is one of the greatest forms of love—when you can be honest with somebody, and you know that it's coming from a place of love.

Nina: We are each other's biggest advocates and cheerleaders. We encourage and push one another to make

sure we are always reaching and creating new goals in our lives.

Q. How do your personalities complement each other?

N: We both have very similar, yet different, personalities. Jules has certain strong suits that maybe I don't possess, and vice versa. It's the best combination because we tackle everything head on, divide and conquer!

J: We complement each other in a really great way, because on my side, I tend to see both sides of every situation and I can see the why behind everything, and sometimes Nina can be really straightforward and to the point, and that part of me isn't as strong as it is for her. She definitely has inspired me to stand up for myself a little bit more, be more trusting that I can ask for the things that I want, and I think vice versa.

Q. With busy lifestyles, how do you stay in touch?

N: Thank goodness for texting and FaceTime. We both do a good job of making sure we both make time for one another. We could be in two totally different time zones but would drop whatever we're doing if the other needed us.

J: FaceTime is the greatest invention on the planet. Also, there's nothing like a friend that can understand that you're busy. You have certain things going on in life and sometimes you don't catch up for a week and maybe even two weeks, but you pick up right where you left off and there's no expectation.

Q. How did you develop such a close friendship?

J: I think, as friends, the reason why our friendship is so strong is because we aren't surface-level. We do go deep and I think that's what creates longevity, is knowing all parts

of somebody. And the things that really make us better are the moments when we can be honest with each other and share our vulnerabilities.

N: That's just the type of people we are. We like to really get to know people. We don't like surface conversations. We go deep and have real conversations that allow us to laugh until we cry, and cry until we laugh. We are soul-connection people.

Q. How do you influence each other?

N: We're open to each other's ideas, and embrace them. We're great listeners and are open to learning from each other. That has pushed us to always be stimulated and hold one another accountable.

J: We influence each other every single day. I think we're both very competitive people, and so in the best way, we definitely bring out the highest versions of each other.



See how to make a "Brunch with the Besties" cocktail with Fresh Vine Wine on The Beard Behind the Bar—Celebrity Edition on [HSTV.com](https://www.hstv.com)





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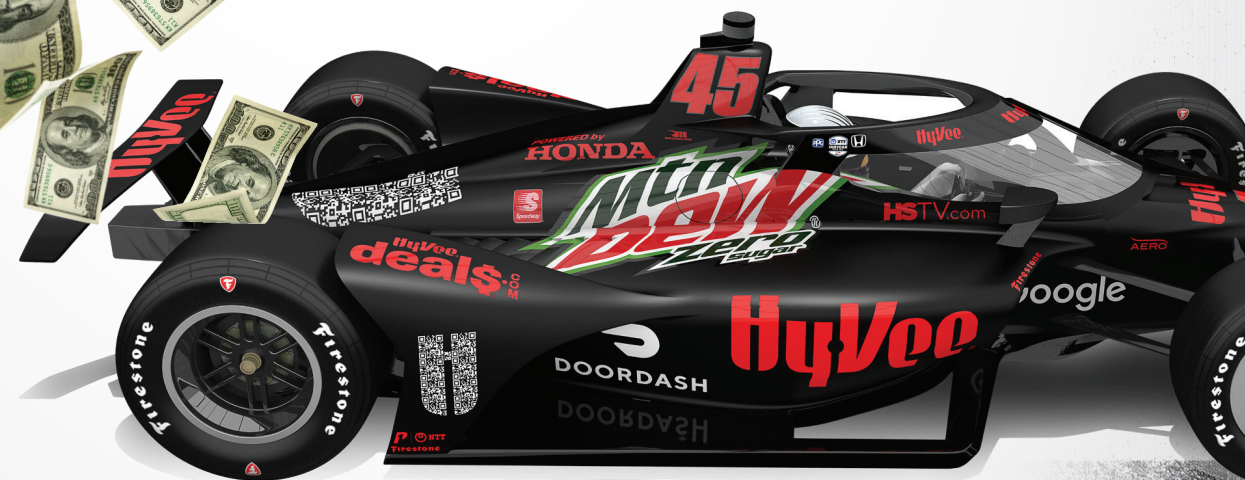


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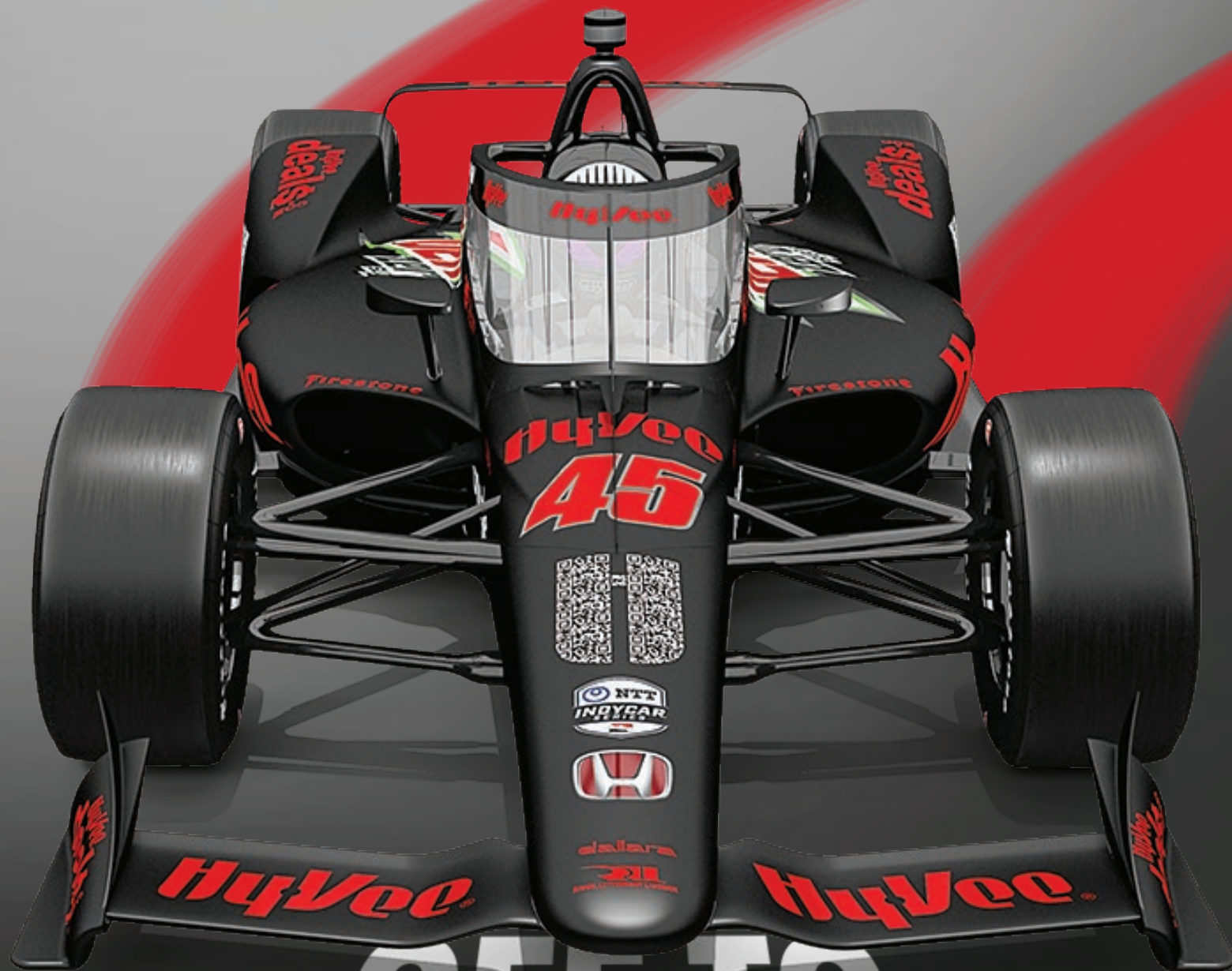


HyVee



Visit [Hy-Vee.com/win25k](https://www.hy-vee.com/win25k) for the 2022 INDYCAR race schedule.

NO PURCHASE NECESSARY. Begins 02/27/22 at 12:00AM CT & ends 09/11/22 at 11:59:59PM CT. Open only to legal residents of the US (but not NY, FL or RI), who are at least 18 years of age or older (or the age of majority in their state of legal residence, whichever is older) at time of entry. See Official Rules @ www.hy-vee.com/win25k for details (entry instructions, odds, etc.) Void where prohibited or restricted. Sponsor: Hy-Vee, Inc.



OFF TO THE RACES

Witness the rumble of anticipation as the NTT INDYCAR SERIES returns to Iowa Speedway for a turbocharged weekend of racing presented by Hy-Vee. Don't miss the competition, along with performances by some of the biggest names in music.

REV UP FOR RACING, JULY 22–24

Hy-Vee will host a weekend of speed and sound with two NTT INDYCAR SERIES races and appearances by Blake Shelton, Gwen Stefani, Tim McGraw and Florida Georgia Line at Iowa Speedway in Newton. Also, 50 food trucks will add some flavor to the weekend with a Food Truck Challenge where race fans can vote for their favorite food truck cuisine. “We want this event to be one of the most-talked-about events of the year by providing race-goers with an unforgettable experience,” says Randy Edeker, Hy-Vee’s chairman and CEO. “Iowa will be the place to be this summer with these live music acts, coupled with nationally televised INDYCAR races and a festival-like atmosphere.”

TWICE THE FUN

With laps under 18 seconds, Iowa Speedway has been called “The Fastest Short Track on the Planet.” And drivers will have two chances to earn points in the race for the championship Astor Cup!



Saturday, July 23



Sunday, July 24

WHAT'S IN STORE FOR RACE FANS:

FRIDAY, JULY 22

- Practice sessions featuring both the NTT INDYCAR SERIES and Indy Lights Presented by Cooper Tires
- Qualifiers for both the NTT INDYCAR SERIES and Indy Lights Presented by Cooper Tires

SATURDAY, JULY 23

- Indy Lights Iowa Challenge
- Hy-VeeDeals.com 250 Presented by Doordash
- Pre-race concert featuring Tim McGraw
- Post-race concert featuring Florida Georgia Line

SUNDAY, JULY 24

- Hy-Vee Salute to Farmers 300 Presented by Google
- Pre-race concert featuring Gwen Stefani
- Post-race concert featuring Blake Shelton

Both races will be broadcast on NBC with on-air sponsorship by Hy-VeeDeals.com. During the race telecasts, a QR code will pop up on screen, allowing viewers to scan it with their phone for a chance to win \$25,000. One winner will be awarded following each race broadcast.

RACE WEEKEND CONCERTS



**TIM MCGRAW
& FLORIDA GEORGIA LINE**
SAT. JULY 23



**GWEN STEFANI
& BLAKE SHELTON**
SUN. JULY 24

Purchase tickets online at: hyveeindycarweekend.com or call 641-417-6007.

HY-VEE & THE SERIES

Hy-Vee became involved in the NTT INDYCAR SERIES in 2020 as a way to connect with racing fans and to support growing interest in the sport, particularly at Iowa Speedway. Sponsorships have included:

2020

Hy-Vee sponsored Rahal Letterman Lanigan (RLL) Racing's No. 15 car at the 2020 Iowa Speedway doubleheader. Driven by Graham Rahal, the Hy-Vee Honda finished third.

2021

Hy-Vee was a primary sponsor of RLL's No. 45 car, driven by 2019 Indianapolis 500 Rookie of the Year Santino Ferrucci, for the Indianapolis 500 and other events.

2022

Hy-Vee provides primary sponsorship of RLL's No. 45 car, driven by Jack Harvey, and associate sponsorships of Graham Rahal's No. 15 car as well as the No. 30 car driven by Christian Lundgaard.



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Discover the fun
with this deliciously
simple back-to-school
snack idea!



**Chips
Ahoy!**

"Cookie Dough" Sandwiches



1. Open 2. Go to bar 3. Scan



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BACK TO SCHOOL

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Drink.

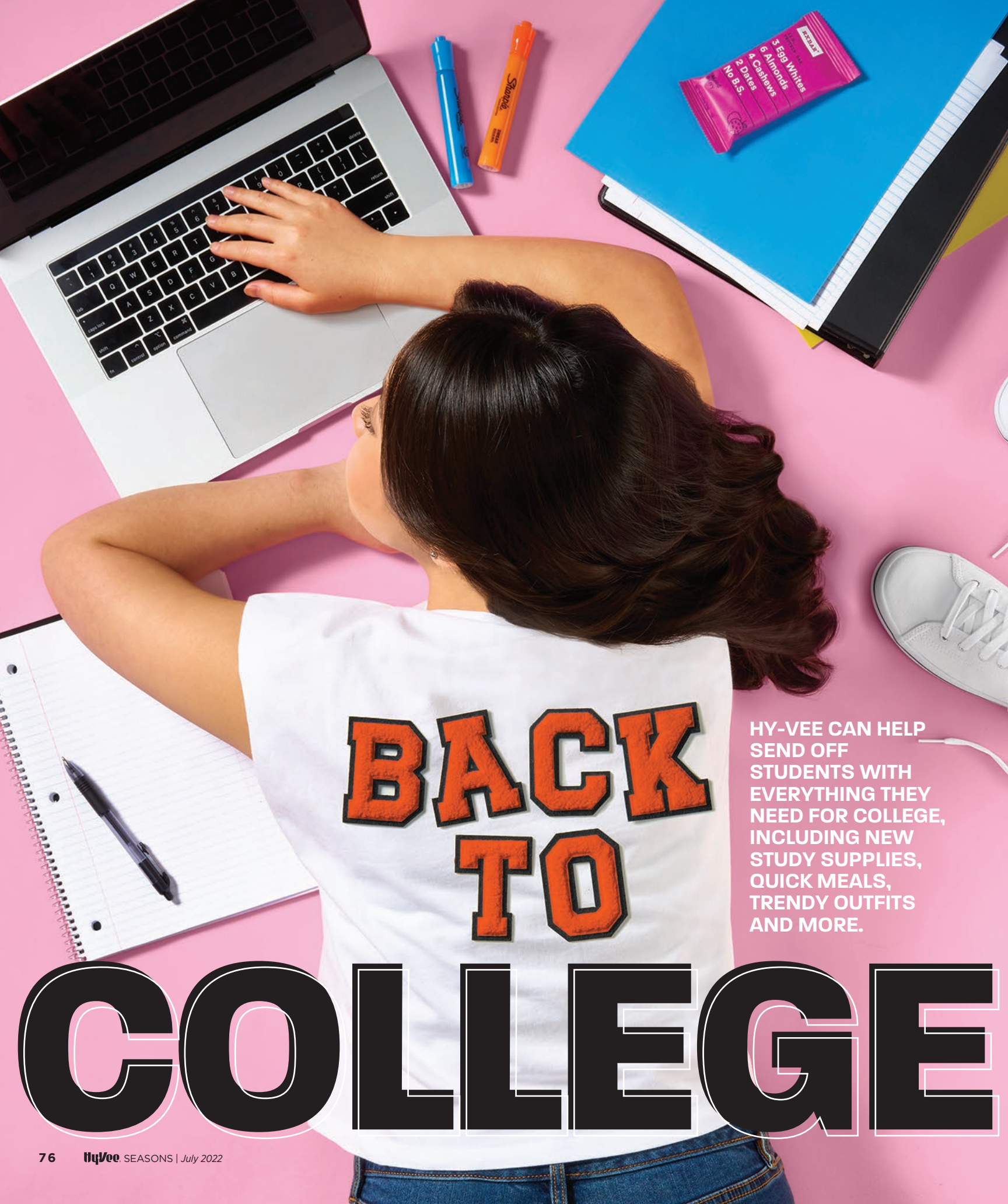


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COLLEGE

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Stay hydrated on the go and keep drinks cold all day with a stylish double-wall insulated bottle.

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Westcott Shatterproof Ruler
Transparent colored rulers make measuring easy.

Post-It Notes and Simply Done Colored Paper Clips
Write reminders and keep assignments organized.

Notebooks Find single- and multi-subject and college- and wide-rule notebooks at Hy-Vee.

pair × **HyVee**
Protect eyes while studying with blue light glasses from Pair Eyewear at Hy-Vee.

The image shows a desk setup with various study supplies. A whiteboard with a black marker and eraser is on the right. A silver water bottle with a pink lid is in the center. A clear ruler is on the right. A box of notebooks is on the left. A binder is on the right. Arrows point from each of these items to a text block describing the product.

PENS, PENCILS, PAPER, NOTEBOOKS, BINDERS—HY-VEE HAS IT ALL TO CREATE AN EFFICIENT STUDY SPACE.



U Brands 5.5×10" Dry Erase Board



BIC Pencil #2 Mechanical Pencils



Two-Pocket Folders



Keurig K-Mini Single-Serve Coffee Maker



Toastermaster 2.6 qt. Air Fryer



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Simply Done Snap and Lock Containers

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eat

GRAB-N-GO OPTIONS

FIND THESE QUICK FOODS AT HY-VEE.



Order meals online from Mealtime to Go, then pick them up curbside at Hy-Vee. Some stores may also offer quick delivery through third-party services like DoorDash or Uber Eats.



Buy ready-to-eat meals and snacks such as sandwiches, salads, take-and-heat meals and fresh produce.



Snag packaged foods such as quesadillas, flatbread pizzas, breakfast items and more.



Enjoy favorite dishes such as beef and broccoli, cashew chicken and Mongolian beef.



Grab prepared sandwiches, salads and wraps such as smoked ham and Swiss subs and Cobb salad.



Find prepped fruits, veggies and to-go snacks such as pudding and yogurt parfaits.



Pick up ready-made sushi, including California rolls, tuna rolls and salmon rolls.



wahlburgers

Order premium-quality burgers, sandwiches, fries and shakes for dine-in or takeout.



HY-VEE PLUS MEMBERSHIP

IT'S EASIER TO STOCK UP FOR COLLEGE WITH A HY-VEE PLUS MEMBERSHIP. FOR \$99 PER YEAR OR \$12.95 PER MONTH, ENJOY FREE GROCERY DELIVERY AND EXPRESS PICKUP ON AISLES ONLINE ORDERS OF \$24.95 OR MORE, EARN FUEL SAVINGS WITH EVERY PURCHASE AND MUCH MORE.



SCAN THE QR CODE or go to [Hy-Vee.com/plus](https://hy-vee.com/plus) to sign up for Hy-Vee Plus membership.



Full Circle Market Rice Mac and Cheese Satisfy comfort food cravings with tender gluten-free rice noodles covered in rich, gooey Cheddar cheese sauce.



Amy's Black Bean Vegetable Enchilada Heat up a hearty vegan meal of black beans, tofu and veggies wrapped in organic tortillas, topped with enchilada sauce.

Jimmy Dean Simple Scrambles All-in-one breakfast cups provide quick fuel for the day with cheesy eggs, sausage and bacon.



EASY MEALS

Hy-Vee has quick meal solutions, with delicious frozen and instant foods college students can easily prep and enjoy without heading to the dining hall. Microwave these options any time of day for a quick meal.



FIRST AID: Prepare for any small accidents or minor illnesses with a basic first aid kit including bandages, a thermometer, pain relief, cough drops and other essentials.



BACKPACK: Prep for days spent on campus with Joe Fresh sunglasses, sunscreen, breath mints, gum, hand sanitizer, lotion, lip balm and more.



SHOWER: Fill a shower caddy from Hy-Vee with necessities such as shampoo, conditioner, body wash, face wash, razor and loofah (and don't forget shower shoes).



CLEANING: Keep the living area tidy with a dust pan and broom, air freshener, window cleaner, all-purpose cleaner, dish soap, paper towels and microfiber cleaning cloths.

prep

HANDY KITS CAN HELP TACKLE ANY SITUATION—SEND BASIC FIRST AID, BACKPACK, SHOWER AND CLEANING SUPPLIES TO MAKE DORM LIFE EASIER.

JOE FRESH

Shop trendy outfits from Joe Fresh. Find the best college looks at select stores or online at joefresh.Hy-Vee.com



SCAN THE QR CODE to shop the latest clothes from Joe Fresh.

Easy Sort Hamper Toting clothes to and from the laundry room is simple with a durable hamper from Hy-Vee.

Simply Done 4-in-1 Liquid Laundry Detergent Whiten, brighten and fight odors and stains with just one wash cycle.

DSW®

Comfy shoes are a campus must-have. Look for stylish DSW shoes in select Hy-Vee stores, or shop online at dsw.Hy-Vee.com



SCAN THE QR CODE to shop cool DSW shoes.



SEND YOUNG ADULTS OFF IN STYLE WITH JOE FRESH OUTFITS, DSW SHOES AND EVERYTHING THEY'LL NEED FOR A TRIP TO THE LAUNDRY ROOM.

WASH

AT-HOME HERBS

Use fresh herbs to cook or add fragrance to rooms by building an indoor or outdoor herb garden with supplies and tips from Hy-Vee.



Outdoor Stacked Herb Garden

Fill three terra-cotta pots of various sizes with soilless potting mix; leave a sunken area in the bottom two pots so other pots can nestle into place. Plant herbs with similar watering needs together on each level. Basil has a pot to itself because it needs more frequent watering than the thyme, oregano, sage and rosemary below it. Mint is adaptable but can spread quickly, so you may want to confine its roots in a sunken plastic pot. Harvest herbs regularly to flavor foods (and keep plants tidy).



PLANT with Care

PAIRING Certain herbs can enhance the flavor of neighboring plants. Basil and parsley, oregano and thyme, and rosemary and sage are a few examples of complementary herbs.

LOCATION Place your outdoor container herb garden in an area that gets at least six hours of sunlight a day.

WATERING Herbs grow best in well-drained soil and tend to develop a more intense flavor if kept on the dry side.

FEEDING Overfertilized herbs may not grow as well or have as much flavor and fragrance. Try organic or controlled-release fertilizers to avoid providing too many nutrients at once.

Hanging Herb Garden

Grow fresh herbs right in your kitchen and snip them regularly for garnishes and ingredients in favorite recipes and cocktails. Many herbs can be grown indoors, but supplemental lighting may be needed during low-light winter months. Simply place plants within 6 to 8 inches of a fluorescent light. For more suggestions, see the CARE TIPS.

CARE TIPS for an Indoor Herb Garden

SOIL

Use a soilless potting mix labeled for indoor use (some outdoor mixes contain wood fines or compost, which can attract fungus gnats indoors).

CONTAINER

Ensure containers have drainage holes so soil isn't waterlogged. When watering, place plants on trays or in the sink to avoid dripping.

WATERING

Wait until the top 1 inch of soil is dry to the touch before watering. Water at the base of plants rather than on the foliage to avoid fungal diseases.

LIGHT

Place herbs near the sunniest window of the home. Rotate them a quarter-turn clockwise once a week to expose all sides to sunlight.

TEMPERATURE

Herbs grow well indoors because they thrive in roughly 65°F to 75°F temperatures, which are average for most homes year-round.

HARVESTING

Use kitchen shears or pinch off the leaves with your fingers to harvest sprigs. Bonus: regular cutbacks also encourage new growth.

BASIL

SAGE

ROSEMARY

MINT

THYME

BEST CARE FOR YOUR

BEST FRIEND



Even pets can get stressed. Learn to spot the signs of anxiety—both momentary and habitual—and discover seven ways to help your canine companion relax.

7 WAYS TO DE-STRESS YOUR PET

HELP YOUR DOG CHANNEL THEIR INNER ZEN WITH THESE STRESS FIXERS TO LEAVE YOUR POOCH FEELING SERENE.

1 CREATE A CALM SPACE

Make your dog feel at ease. Remove any factors that can trigger anxiety—loud noises, objects that instill fear, people that frighten your pet. Offer soft blankets and pillows for relaxation, and remind guests to approach your pet slowly and calmly.

2 Spend Time Outdoors

Sheer boredom can be a source of stress for pets. Take your dog on leisurely walks around the neighborhood and give them plenty of time to sniff. The new scents and experiences will mentally engage them.

3

4 SWADDLE YOUR PET

"Hug" your dog by dressing them in an anxiety vest if they become anxious because of thunder or fireworks. This provides your dog with a calming sense of pressure around their torso, which releases endorphins that promote a sense of well-being. Acclimate them to the vest by putting it on them during calm periods. Always remove the vest after the disturbance has passed. Also, remember the Hy-Vee Pharmacy can fill prescriptions for anti-anxiety pet medications.

5 INCREASE EXERCISE

When your dog exercises, they produce endorphins, which help combat stress and promote a general sense of well-being. Toss a ball or flying disc or visit a dog park to give your dog some valuable exercise.

6

7 PLAY CALMING MUSIC

Research indicates that dogs may benefit from the sound of classical music, which can mask outside noises such as loud neighbors or barking dogs. Harp music can be a natural sedative, according to the Central California Society for the Prevention of Cruelty to Animals.

Physical Touch

Petting your pal and lightly massaging them where they feel comfortable can calm their nerves and loosen tense muscles caused by stress.

6

BALANCE NUTRITION

Check with your vet to determine if your dog is getting the proper nutrition based on their age, breed, health status and level of physical activity.

petship
PET SUPPLIES

Get pet supplies shipped directly to your home, including veterinarian-approved calming chews. Visit [ShopPetShip.com](https://www.ShopPetShip.com)



COMMON STRESS BEHAVIORS

Lowering your fluffy friend's stress level can keep them from hurting themselves or others. Signs of anxiety include:

- **Excessive barking or howling.** Occasional barking is normal. When it is ongoing or done for no apparent reason, it may be a sign your dog is stressed or suffering from separation anxiety.
- **Running away from you or hiding.** This may be caused by loud noises, a new person or a new animal in their environment. Running away may be a sign your dog is distressed. Often it is caused by an environmental factor they feel uneasy about.
- **Destructive behavior.** Chewing is a normal part of teething, but it can be a sign of anxiety or boredom with dogs that are past that development stage. Damage is often around doors and other exit points, and dogs can cut themselves in the process.
- **Accidents in the house.** For dogs that are housetrained, this may be a sign your dog is suffering from separation anxiety. However, it can also be due to a medical issue or a side effect of a medication, so speak to your veterinarian.
- **Aggression.** The most serious sign of anxiety or stress, this can potentially lead to your dog harming people or other animals.

PEANUT BETTER *Together*

PEANUT BUTTER IS A SATISFYING PLANT-BASED PROTEIN
THAT CAN ENRICH ALL YOUR SUMMERTIME FUN

PEANUT BUTTER
NUTRITIOUS, DELICIOUS AND VERSATILE



National Peanut Board
AMERICA'S PEANUT FARMERS

Hy-Vee has Chobani® Oatmilk

Non-dairy



*Not a low calorie food. ©2022 Chobani, LLC



Happily
Ever After

SUMMER WEDDING PLANNING

Prepare for your big day by turning to the professional expertise provided by Hy-Vee. Contact the catering manager at your local store 8-12 months before your wedding date. They will act as the liaison between you and the Floral, Wine

& Spirits and Bakery departments. Use Hy-Vee experts to plan details such as bouquets and floral decor, tables, flatware and glassware rentals, beverages for the reception, food for the day, personal favors for guests and desserts.



HY-VEE FLORAL DEPARTMENT

ceremony pieces



1
Get flowers and greenery for hair accents and accessories like pins, clips and flower crowns with your floral order.



2
Add the finishing touch to wedding outfits with corsages and boutonnieres that match the rest of the florals.



3
The Hy-Vee Floral staff is always in-the-know about popular trends and seasonal ideas for the wedding bouquets.

FLORAL

TO HAVE AND TO HOLD Beyond stunning bouquets and small floral details, Hy-Vee florists also can handle statement arrangements like centerpieces and large displays such as flower walls.

HOW TO ORDER Contact or stop by your local store to set up an appointment with a professional florist.



TABLE

SET FOR DINNER Get tables, linens, flatware and glassware for the buffet spread and the dining tables delivered, set up and cleaned up without having to lift a finger. The Hy-Vee Catering Department can even help with creating name cards and tags so guests know where to sit. Decorate tables with centerpieces from the Floral Department that will add fresh color and scent to the setting.

HOW TO ORDER Let the catering manager know what rentals will be needed when you meet with them about the food menu. They can provide further details and pricing.

HY-VEE WINE & SPIRITS

BEVERAGES FOR THE RECEPTION

Purchase beer, wine and liquor through Hy-Vee with the catering order or on its own. (Restrictions may apply, depending on the state and the rules of your venue.)

FOOD AND DRINK PAIRING SUGGESTIONS

Get professional food and drink pairing suggestions to ensure your drink selections complement the meal.

SIGNATURE COCKTAIL CREATION

A Hy-Vee Wine & Spirits manager can share ideas for cocktails based on what you and your partner like to drink, the time of year and new, fun drink innovations they've discovered.

HOW TO ORDER

Call or stop in to a Hy-Vee Wine & Spirits Department to set up an appointment with a manager for all your drink needs.



pro tip: CUSTOM DRINKS

Signature cocktails are a nice addition to a wedding because it's usually what guests first get to enjoy when arriving at the cocktail hour or reception. It gets them mingling and excited about the night. It will be something that stands out and represents the couple and the special day."

—Megan Mozena
Hy-Vee Wine & Spirits
Manager, Grimes, IA

SIGNATURE COCKTAIL





FILL THE DAY WITH FOOD

A range of food options from Hy-Vee Catering is available to fit a variety of dietary needs. Choose from buffet style or plated, order brunch for the day of, or the day after, and even plan some late-night snacks for guests who stay until the last dance. Once the menu is

set, you'll come back for a tasting where you can also bring in the Wine & Spirits and Bakery departments to sample drinks and decide on the cake flavor. Hy-Vee even offers staff to serve the food for plated dinners if the venue doesn't provide waitstaff.

HOW TO ORDER

Meet with the catering manager in-store or check out the online catering guide and order from [Hy-Vee.com/catering](https://www.hy-vee.com/catering)



SIMPLY SWEET

Delight wedding guests with a chocolate fountain display* from the Hy-Vee Catering Department. The rental includes a selection of dippers like angel food cake cubes, pineapple, strawberries, pretzel rods, cream puffs, sandwich cookies and more. Hy-Vee will handle the delivery, set-up and cleanup of the fountain, so all you need to do is savor the sweetness. *Availability may vary by store.

HOW TO ORDER

Reach out to a catering manager to check availability or visit [Hy-Vee.com/catering](https://www.hy-vee.com/catering) for more information.

PERSONAL FAVORS FROM HY-VEE

for guests



1

Send guests home with a few late-night snacks. Include Hy-Vee Bakery Fresh cookies, Zöet chocolate caramel popcorn and a soda bottle.



2

Let love grow in the homes of every wedding guest with small succulents from Hy-Vee in painted terra-cotta pots.



3

Show appreciation for everyone who was able to share in your big day with a sweet "Thanks for Bee-ing Here" note and a jar of honey from Hy-Vee.

SWEETS & FAVORS

HY-VEE BAKERY CAKES }

TOP TIER CREATIONS The wedding cake is one of the focal points of the day. Trust the talented Bakery Department at Hy-Vee to create professionally-decorated cakes in trending themes and designs such as traditional florals, chic marble and gold or geometric honeycomb. Select cake flavors like chocolate, lemon, marble, red velvet, strawberry, yellow and white, along with filling selections that include Bavarian cream, cherry, chocolate mousse, lemon, raspberry and strawberry. Hy-Vee can also cater a cheesecake bar with slices from The Cheesecake Factory.

HOW TO ORDER

Bring inspiration photos into the Hy-Vee Bakery Department or order your one-of-a-kind cake online at [Hy-Vee.com/catering](https://www.hy-vee.com/catering)



See wedding cakes
come to life on

CAKE
this!



Watch and shop

HSTV.com
STREAM. SHOP. SMILE.

drink in summer



snap a pic with
your smartwater®



post to Instagram using
#celebratesummerhydration
#sweepstakes



you could win* a
smartwater® mini-keg



*scan for rules, terms and conditions

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health

Find out about
subscription
health products,
soothe outdoor
injuries and get
summer food tips.

- 100** CLICK & SHIP
- 104** OUTDOOR FIRST AID GUIDE
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- 116** FOODS THAT REDUCE BLOATING
- 121** PHARMACY: TALKING PRESCRIPTION LABELS



CLICK & SHIP

The WholeLotta Good website brings an impressive selection of better-for-you products straight to your door.

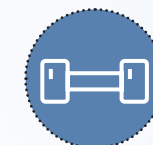


Health products and advice from dietitians is at your fingertips. WholeLotta.com provides dietitian-approved items that can be shipped with no subscription required. Easily search by category, add to cart and ship to your location. The website also features educational blog posts to provide guidance on living a healthier lifestyle. With this easy-to-use service from Hy-Vee, there are a whole lotta good products coming your way!

CATEGORIES TO SHOP:



All-natural beauty, bath and bodycare items for hair, face, skin, teeth and more.



Fitness equipment that brings the gym to you so wellness goals can be accomplished.



Food items to fit a range of dietary lifestyles and accommodate allergies.



Vitamins and supplements to support a strong and healthy body and mind.



Organic household supplies such as laundry detergent and multipurpose cleaners.

Perks for shoppers:

- Get free shipping when you spend \$49 or more
- Subscribe and save on products you always need
- Enjoy daily discounts



As nutrition experts, we have the education to give simple tips to make your life easier. Our WholeLotta Good dietitians provide blog content on the website about food, vitamins and supplements; beauty, bath and body; household supplies and fitness."

Ashley Danielson
RDN, LD
Hy-Vee Dietitian



Scan the QR Code to learn more about WholeLotta Good or to start shopping.

FOOD

Shop based on your personal health needs and dietary preferences. WholeLotta Good makes it easy to filter and find options for organic, gluten-free, keto, vegan, low FODMAP and plant-based foods.



Get healthy Hy-Vee favorites, such as Annie's Organic Cheesy Cheddar crackers, Kodiak Cakes protein-packed oatmeal, Full Circle Organic no stir crunchy peanut butter, Power Crunch chocolate mint protein energy bars, plant-based and gluten-free From the Ground Up cauliflower pretzels, Ebert Pure Iowa honey, Smart Sweets low-sugar peach rings, Amy's Organic Soups lentil vegetable and low-calorie It's Skinny spaghetti pasta.



VITAMINS & SUPPLEMENTS



Give your body a boost of wellness with Hy-Vee HealthMarket Fish Oil softgels for heart health, Ollly Sleep gummies to promote a healthy sleep cycle, Hy-Vee HealthMarket One Daily Energy to power through the day and so much more.

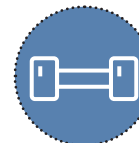


BATH & BODY



Enjoy 24-hour freshness with Schmidt's natural lavender & sage deodorant, protect lips with Burt's Bees tinted lip balm, lather and relax with Method Body daily zen body wash, relieve dry skin with Urban Hydration aloe vera leaf moisturizer and reduce fine lines with Derma-E anti-wrinkle renewal cream.

FITNESS



Make an at-home gym with GaiaM dumbbells in assorted weights to strengthen muscles, a weighted jump rope for additional cardio and strength training and sliding core discs to challenge balance and stability.

HOUSEHOLD SUPPLIES



Clean surfaces with all-natural Better Life cleaning wipes, disinfect household germs with Method Antibac bathroom cleaner and protect sensitive skin with Seventh Generation fabric softener.

OUTDOOR FIRST+AID GUIDE

LEARN HOW TO BUILD A FIRST AID KIT, HEAR FROM HY-VEE'S CHIEF MEDICAL OFFICER AND FIND SOLUTIONS TO THE MOST COMMON SUMMER INJURIES.

First Aid Kit

BE PREPARED FOR THE SCRAPES AND STINGS OF SUMMER WITH THESE PRODUCTS FROM HY-VEE.

- > **Aloe vera lotion** for sunburn.
- > **Adhesive bandages** in various sizes.
- > **Antibiotic ointment** to treat minor wounds.
- > **Anti-itch cream** or gel.
- > **Antiseptic wipes** or **isopropyl alcohol**.
- > **Aspirin** in 325 mg dose.
- > **Butterfly bandages** to hold edges of a cut together while it heals.
- > **Compress dressings** to absorb fluid from wound.
- > **Cotton balls** or cotton swabs to apply antiseptic.
- > **Elastic bandage** to wrap sprains.
- > **Gauze** rolls and sterile gauze pads.
- > **Hydrogen peroxide** or **povidone-iodine** to disinfect superficial cuts and scrapes.
- > **Medical tape**, 1-inch-width, and **blunt-tip scissors**.
- > **Sterile saline** to flush wounds.



WHEN TO GET HELP

Some injuries may require immediate medical attention, including:

1 Head Injuries.

Concussions can involve life-threatening internal bleeding and swelling. Symptoms may include vomiting, severe headache, seizures, convulsions, slurred speech and confusion.

2 Broken Bones. These can be especially dangerous when the skin is broken.

3 Cuts.

Get immediate help if bleeding is severe or blood is spurting out. Help is also needed for less-severe cases if 10 minutes of firm, steady pressure fails to stop bleeding.

4 Burns.

Serious burns involving multiple layers of skin need medical attention, especially if there is swelling and blistering.

5 Eye Injuries.

Along with major trauma, minor injuries followed by bright, dark or cloudy areas of vision require medical attention.

6 Hand Injuries.

Seek medical help for severe injuries or when there is numbness, loss of strength or motion, deformity or exposed bones or tendons.



Q&A

WITH HY-VEE'S CHIEF MEDICAL OFFICER, DR. DANIEL FICK

Q: How can people best protect themselves when outdoors?

A: Summer ailments are often skin related from too much sun or too many insect bites. Planning ahead to have plenty of sunscreen and bug repellent will help keep those exposures to a minimum.

Q: What about preventing injuries?

A: When the weather warms, we often head outside and jump back into physical activity, but most of us have taken the winter off, so it is important to start slowly and work into increasing levels of physical activity over several weeks.

Q: How should people treat injuries?

A: Most mild injuries will get worse over a couple days and then start to improve. Mild muscle and joint injuries can be treated with ice and over-the-counter anti-inflammatory medicine with great success. If there is significant pain that prevents you from using the muscle or joint, I would suggest seeing a health care provider.

10 COMMON INJURIES

AND HOW TO TREAT THEM

scrape

What you need: soap or cleanser, water, cotton ball, ointment, bandage (or gauze and medical tape for larger scrapes).

TREATMENT:



STEP 1: Gently clean scrape with soap and water, then dab dry with a cotton ball.

STEP 2: Apply an antibiotic ointment or petroleum jelly to keep the wound moist.

STEP 3: Cover with bandage or gauze held by medical tape. Change the dressing daily.

POISON IVY/OAK

What you need: poison ivy scrub or wash, anti-itch cream.

TREATMENT: Remove oils with poison ivy scrub or wash; apply anti-itch cream or lotion.



SUNBURN

What you need: cool water, baking soda, aloe vera lotion/gel, corticosteroid cream.

TREATMENT:

Take a cool bath with added baking soda. Apply aloe vera lotion/gel. If skin starts to peel and feel itchy, apply a corticosteroid cream.



SPRAIN

What you need: ice pack, elastic bandage.

TREATMENT:

STEP 1: Apply an ice pack for 15 to 20 minutes every two to three hours.



STEP 2: Compress the area with elastic bandage. Loosen it if pain increases, there is numbness, or swelling occurs below wrap.



STEP 3: Rest the injury and elevate above the level of the heart so gravity can reduce swelling.



HEAT EXHAUSTION

What you need: water, sponge or spray bottle.

TREATMENT:

Move into shade or air conditioning. Drink cool water, loosen clothing and lie down with legs elevated slightly. Apply cool water with sponge or spray bottle.

MOSQUITO BITE

What you need: antihistamine or anti-itch cream.

TREATMENT: Apply calamine lotion or hydrocortisone cream on the bite. A cold pack or cool, moist cloth can also help relieve itching.



DEHYDRATION

What you need: water, sports drink.

TREATMENT:

Drink plenty of water and other liquids. Sports drinks containing electrolytes may also be helpful. Note: Severe dehydration requires immediate medical attention.

laceration

What you need: gauze and medical tape or adhesive bandage.

TREATMENT:



STEP 1: Apply pressure to wound and elevate above heart if possible.

STEP 2: Flush minor wounds with water once bleeding stops.



STEP 3: Cover wound with bandage or gauze attached with medical tape.

STEP 4: See a doctor for wounds more than 1/2 inch deep or that won't stop bleeding.



BLISTERS

What you need: bandage, moleskin padding, medical tape.

TREATMENT: If they're not painful, keep blisters intact as a natural barrier to bacteria. Cover blister with a bandage, then a piece of moleskin padding held with medical tape to reduce friction.

insect sting

What you need: soap, water, ice pack, calamine lotion or 1% hydrocortisone cream.

TREATMENT: Remove any stingers, gently wash with soap and water, then apply ice pack for 10 to 20 minutes followed by calamine lotion or 1% hydrocortisone cream.





**THE IMMUNE SYSTEM
FENDS OFF ILLNESS AND
DISEASE, ENSURING THE
BODY CAN CONTINUE
TO FUNCTION WELL.
SEE HOW YOU CAN
KEEP THIS ESSENTIAL
PROTECTION SERVICE
WORKING AT A TOP-
NOTCH LEVEL.**

MEET YOUR IMMUNE SYSTEM

Q & A

Q. What is the immune system?

A. The body's immune system is a biological defense system. It is a large, complex network of organs, white blood cells, antibodies and chemicals which work together to fight the bacteria, viruses, parasites and other pathogens that cause infection and disease.

Q. How does the immune system work?

A. The immune system is like a police force, patrolling the body and calling for reinforcements if trouble

appears. There are two lines of defense.

The innate immune system you are born with is a physical barrier including skin, the eye's cornea and the mucous membrane lining the respiratory, gastrointestinal and genitourinary tracts. It activates cells to attack disease- or infection-causing invaders—or to initiate repairs to wounds.

The acquired immune system makes special proteins, or antibodies, to fight foreign invaders when the body has been exposed to microbes or the chemicals those microbes release. It can take several days for antibodies to form.

Q. What are the key parts?

A. Components of the immune system include:

- **White blood cells.** Also called leukocytes, they circulate through blood and tissues, attacking unknown organisms entering the body.

- **Lymph nodes.** These small glands filter germs and activate white blood cells to fight invaders.

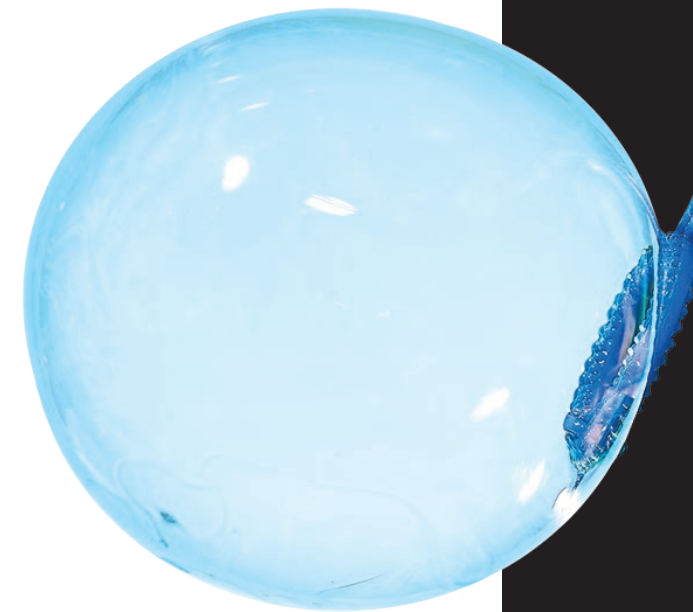
- **Bone marrow.** The soft, spongy tissue in bone cavities makes new blood cells and immune cells and releases them into the bloodstream.

- **Thymus.** A gland that develops T cells, also called T lymphocytes, that guide the body's immune response.

- **Spleen.** It filters cellular waste from blood and produces white blood cells and antibodies to help fight infection.

- **Tonsils and adenoids.** They help trap and kill pathogens entering the mouth or nose and contain immune cells to produce antibodies.

- **Gastrointestinal tract.** The lining of the stomach and bowel has many cells that produce antibodies.

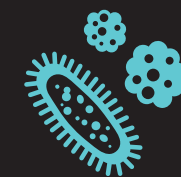


Autoimmune Diseases

AN OVERACTIVE IMMUNE SYSTEM CAN LEAD TO A RANGE OF AUTOIMMUNE DISEASES.

As efficient as they are, immune systems do sometimes malfunction. When the immune system is overactive, it may mistakenly target the body's healthy tissues, leading to destruction of body tissue, abnormal growth of an organ or changes in organ function.

Autoimmune diseases affect various parts of the body, including blood vessels, connective tissues, endocrine glands, joints, muscles, red blood cells and skin. Examples include multiple sclerosis, rheumatoid arthritis and type 1 diabetes.



**ANOTHER THING
THAT CAN GET
THE IMMUNE
SYSTEM FIRED
UP: VACCINES.
WHEN YOU GET
VACCINATED,
THE IMMUNE
SYSTEM BUILDS
UP ANTIBODIES
TO THE VACCINE'S
FOREIGN CELLS. IT
THEN REMEMBERS
AND DESTROYS
THOSE FOREIGN
CELLS IF YOU ARE
LATER EXPOSED
TO THEM.**

Did You Know?

70%
**of the body's immune
system is in the gut.**

The immune system is intertwined with the microbiome (a community of microorganisms), so immune cells in the gut interact with bacteria and fungi in the gastrointestinal tract.

HEALTHY LIVING STRATEGIES

Lifestyle adjustments can positively impact your immune system.

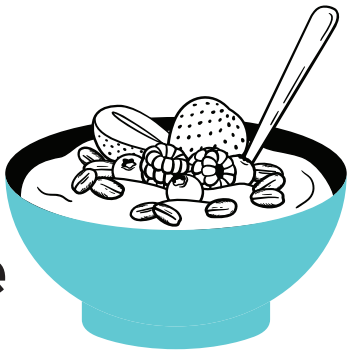
Maintain a healthy weight. Obesity has a direct effect on the immune system because it stimulates low-grade inflammation, an immune-system response. Recent studies show that obese adults have twice the risk of influenza or influenza-like illness compared to healthy-weight adults when both groups were vaccinated.

Get adequate sleep. Studies show that people who don't get enough sleep are more prone to getting sick when exposed to a virus. Sleep deprivation may decrease the production of protective cytokines, needed in higher quantities when there is an infection. Aim for 7 to 9 hours nightly.

Stay active. Exercise has "a profound effect" on the immune system, according to a report cited by the National Institutes of Health. However, the report cited one caveat: while moderate-intensity exercise stimulates immunity on a cellular level, prolonged or high-intensity exercise without enough rest can decrease cellular immunity.

Limit stress. Stress causes the body to produce more of the hormone cortisol. A short bout of stress, like preparing for a test, can actually boost the body's immunity by limiting inflammation. But ongoing stress has a negative effect, decreasing the white blood cells that are needed to fight infection; the lower the level, the more at risk one is to viruses.

How Diet Affects the Immune System



A BALANCED DIET CAN HELP BOOST IMMUNITY

A high-fiber, plant-rich diet with fruits, vegetables, whole grains and legumes provides the nutrition and antioxidants our bodies need to be healthy. It also supports the trillions of microorganisms or microbes living in our gut that are important to immune function. Probiotic foods, such as kefir, yogurt and sauerkraut, contain helpful bacteria. Prebiotic foods, such as garlic, onions and bananas, contain fiber to feed and maintain the bacteria.

PROBIOTICS CAN HELP RESTORE BALANCE WHEN THE GUT CONTAINS UNHEALTHY LEVELS OF CERTAIN BACTERIA. THEY'VE BEEN SHOWN TO SECRETE PROTECTIVE SUBSTANCES, WHICH MAY TURN ON THE IMMUNE SYSTEM AND PREVENT PATHOGENS FROM TAKING HOLD AND CREATING MAJOR DISEASE. —HARVARD HEALTH



The Hy-Vee HealthMarket has vitamins, minerals and supplements to help support immune function.

SUJA ORGANIC IMMUNITY DEFENSE SHOT comes in several flavors and contains turmeric, echinacea and live probiotics.



GAIA HERBS QUICK DEFENSE IMMUNE SUPPORT offers echinacea and elderberry in vegan liquid phyto-caps.

TOPCARE IMMUNE SUPPORT dietary supplements are loaded with antioxidants, important minerals and herbal extracts to support the immune system.



OLLY ACTIVE IMMUNITY + ELDERBERRY supplements offer immune-boosting echinacea, zinc, vitamin C and elderberry.



PRODUCTS FOR IMMUNE HEALTH AT HY-VEE



LIQUID I.V. HYDRATION MULTIPLIER is a blend of vitamin C, zinc and naturally sourced beta glucan to strengthen the immune system.



HY-VEE HEALTHMARKET ADVANCED PROBIOTIC capsules support the digestive and immune systems.



CHOBANI PROBIOTIC is a fermented, gluten-free, plant-based drink for immune, digestive and gut health.

Sources (opposite page): ncbi.nlm.nih.gov/pmc/articles/PMC7387807/, hsph.harvard.edu/nutritionsource/nutrition-and-immunity/, mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757, health.harvard.edu/staying-healthy/should-you-take-probiotics

MORE SUMMER LESS PREP

ENJOY HEAT-THEN-EAT FROZEN
MAINS, SIDES & INGREDIENTS



EXPLORE **NEW FLAVORS** OF SUMMER!



BAKE UP SOMETHING EPIC THIS SUMMER

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EGG ROLL IN A BOWL

SERVINGS: 4 | PREP TIME: 15 MIN. | COOK TIME: 15 MIN.



INGREDIENTS:

1 tablespoon sesame oil
1 small red onion, diced
1 tablespoon minced garlic
1 tablespoon finely minced ginger
1 pound ground pork
2 teaspoons Sriracha
1 bag (14 oz) coleslaw mix
2 red bell peppers, sliced thinly
1 bag (10 oz) matchstick carrots
3 tablespoons low-sodium soy sauce
(or liquid aminos)
1 tablespoon rice wine vinegar
Salt and black pepper to taste

OPTIONAL FOR GARNISH:

Green onions, sliced
Sesame seeds
Wonton strips

OPTIONAL SAUCES:

SWEET: Drizzle with hoisin or duck sauce

SPICY: Drizzle with Sriracha, hot sauce, or sweet chili garlic sauce

CREAMY: Mix together Greek yogurt, Sriracha, lime juice and salt, to taste

DIRECTIONS:

1. **HEAT** sesame oil in a large skillet over medium heat. Add red onion, cook 2-3 minutes. Add garlic and ginger. Cook until fragrant, about 1 minute. Add ground pork and Sriracha. Cook and crumble until pork is cooked through, about 7-10 minutes.
2. **ADD** coleslaw mix, red bell pepper, carrots, soy sauce, sesame oil, rice wine vinegar, black pepper, and salt, to taste, and stir until well combined. Cook, stirring occasionally, until cabbage is tender, about 5 minutes.
3. **SPOON** pork-cabbage mixture in to a serving bowl. Drizzle with sauce of choice and garnish, if desired.

NUTRITION FACTS

PER SERVING, sauces & garnish not included
Calories 413, Total Fat 29g (Saturated Fat 10g)
Cholesterol 82mg, Sodium 586mg,
Total Carb 16g (Dietary Fiber 5g, Sugars 8g)
Protein 23g, Vitamin D 0%, Calcium 9%,
Iron 12%, Potassium 15%



Find more recipes and
cooking inspiration at www.pork.org.

pork
checkoff. © 2022 National Pork Board, Des Moines, Iowa USA.
This message funded by America's Pork Checkoff Program.

dietitian Q&A

HEALTHIER SUMMER EATING HABITS

Make smart, safe food choices to battle warm weather at home or away. Elisa Sloss, Hy-Vee dietitian and vice president of Hy-Vee HealthMarket, has helpful tips for a healthful season.



Elisa Sloss, RD, LD
Vice President,
HealthMarket

Q: Why should I change my eating habits in summer?

A: Nutritional needs may be different in warmer weather and when we are more active. More time spent outdoors and less-healthy eating patterns due to vacations and travel can affect your health. For example, physical activity causes the body to produce more sweat, which can lead to dehydration and loss of electrolytes (essential minerals that help organs function properly). Many uncomfortable and sometimes dangerous symptoms include thirst, cramps and heat stroke. Recurrent dehydration can lead to long-term kidney issues. If you are feeling any physical effects of being outdoors or exercising under the sun, it may be a good time to speak with a Hy-Vee dietitian to determine your summertime hydration and food needs.

Q: What foods should I eat?

A: Take advantage of summer's seasonal produce, choosing items that are higher in water content, including watermelon, cucumber,

berries, celery and lettuce. Incorporate high-water fruits and vegetables into your diet as snacks, or use them in recipes. To increase your electrolyte consumption, select dairy products, meat, leafy greens, whole grains and oranges. Limit beverages that dehydrate your body such as caffeine, alcohol and sugary soft drinks.

Q: How do I plan for a long day outdoors?

A: I would begin by making sure you're taking a water bottle to any activity, and that you'll have access to refills over the course of the day. Next, whether you're at a picnic, campground or sporting venue, a safely packed road trip cooler can be your family's best friend. Before packing fruits and vegetables in a cooler, wash them thoroughly, and keep them far from sandwiches, wraps or salads that contain meat or poultry. Make sure the foods will be kept at a safe temperature. Freezer packs, available at Hy-Vee, can keep perishable items safe to eat. Consider transporting your cooler or snack bag in your vehicle's back seat instead of the trunk.

Q: What foods should I stock up on at home for my family?

A: Keeping healthy snacks at your children's eye level is a gentle nudge reminding them

to choose the nutritious option. For simple meals, reach for single-serve oatmeal, canned fish or pre-cooked grains. Offer alternative versions of their current favorites, such as low-sodium snacks, nut butter packs, raisins, low-sodium whole grain crackers, seeds, freeze-dried fruit and rice cakes that can easily be grabbed by little hands for a snack or tossed into a bag.

Q: How can I teach my kids healthy habits?

A: Make grocery shopping a family activity so kids have input on healthy snacks they'd like to see at home. Even younger children know what they enjoy and can have input. Find creative ways to beat the heat while sneaking in nutrition: Add fruit slices to water, swap in fruit pops for ice cream or blend frozen bananas and mangoes for a cool, creamy dessert. Keep a bowl of cleaned and cut fresh fruit or cut-up fresh veggies ready to nibble on; kids can help prep produce. Or have them pick out their favorite Hy-Vee Short Cuts while you're shopping together. Talk to your Hy-Vee dietitian for help finding snacks that suit your family's tastes and nutrition needs.



Scan the QR Code to find a local dietitian and learn how Hy-Vee can help you maintain a healthy lifestyle.

PACK A HEALTHY SUMMER COOLER

Look to Hy-Vee for a variety of on-the-go snacks to promote better nutrition and hydration throughout summer.



HYDRATION STATION

- purified drinking water
- sparkling water
- 100% fruit juice
- coconut water

REFRESHING COOLER MEALS

- wraps
- salads
- overnight oats
- sandwiches

VEG-OUT VARIETY

- baby carrots
- celery sticks
- sliced peppers

TAKE A DIP

- hummus
- single-serving nut butters
- guacamole cups

SALUTE TO FRUIT

- watermelon chunks or slices
- oranges
- apples
- peaches

A HEALTHY HANDFUL

- real fruit juice gummies
- almond flour or whole wheat crackers
- low-sodium snacks

TIPS FOR PACKING YOUR COOLER

LEAVE ROOM

Ensure food safety by packing the cooler only three-fourths full with food and beverages, then fill space with ice.

USE AIRTIGHT CONTAINERS

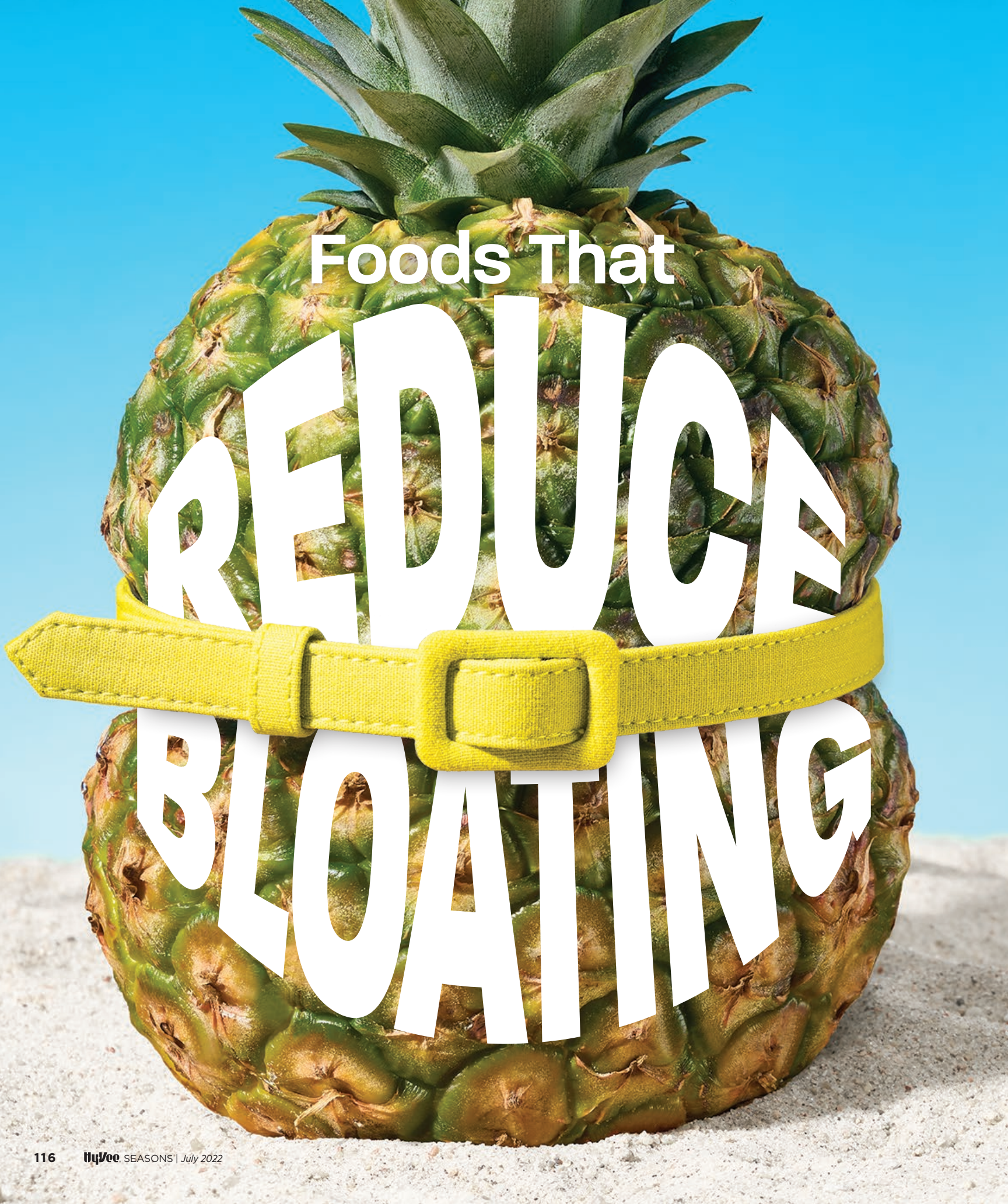
Prevent exposure to moisture by packing foods in sealed, preferably waterproof containers.

PLACE BAGGED ITEMS ON TOP

Avoid flattening and breakage by keeping soft or bagged snacks on the cooler's top layer.

KEEP THE LID CLOSED

Lock in the cold (cooler should be below 40°F) by only opening the lid when necessary.



Foods That

REDUCE
BLOATING

NOBODY WANTS TO FEEL LIKE A BALLOON THAT'S READY TO POP! LEARN MORE ABOUT THE CAUSES OF BLOATING, ALONG WITH FOODS AND HEALTHY HABITS THAT HELP PREVENT OR REDUCE IT.

BLOATING 101

Bloating is a sensation of having a full, tight or pressure-filled stomach. It is sometimes painful and may or may not include abdominal distention, which is a visible or measurable increase in abdominal size.

COMMON CAUSES

Bloating can be the result of a few different things. The main offenders are intestinal gas that is produced by gut bacteria when the body has difficulty digesting carbohydrates, a backup or restriction in the digestive tract, hormonal changes, menstrual cycle, a specific food allergy or intolerance or by eating too fast.

WAYS TO PREVENT

Stay hydrated by drinking water and eating water-based foods. Add more fiber to your diet to keep your digestive system on track. Limit processed foods that are high in salt and fat because salt causes water retention and fat takes longer to digest. Exercise, even moderate options such as walking, can also combat water retention, a leading cause of bloating.

WHEN TO SEE A DOCTOR

If bloating goes on for more than a week, is persistently painful or comes with symptoms of illness such as fever, vomiting or bleeding, you should reach out to a health care provider.

BLOAT-BUSTING FOODS

Incorporate these eight digestive-friendly foods into your diet to relieve or prevent abdominal bloating.



GINGER

Resolve gastric distress and relax your intestines with ginger. It contains an enzyme called zingibain, which breaks down proteins for comfortable and easy digestion.



PINEAPPLE

Bromelain, an enzyme found in fresh pineapple, dissolves proteins in food moving through the digestive system, which helps improve the body's ability to process it.



BERRIES

Blueberries, blackberries, raspberries and strawberries have both fiber and water to disintegrate food as it makes its way through the digestive system.



GREEN TEA

Drinking green tea helps maintain hydration and prevent water retention. It is also a natural laxative, which betters digestion, keeping everything moving smoothly.



FERMENTED FOOD

Sauerkraut, kimchi, kefir and kombucha contain good bacteria that break down complex carbohydrates for easier digestion and prevention of gas.



CUCUMBER

Clear up digestive issues caused by dehydration with an ultra-hydrating food made up of 96% water. It can help you meet your daily water intake needs and prevent constipation.



OATMEAL

High-fiber foods such as oatmeal keep food moving steadily through the digestive tract. This helps fight constipation, uncomfortable gas and sensations of bloating.



YOGURT

To help digest food and maintain a healthy gut flora, add probiotics such as yogurt to your diet. It also contains the same good bacteria naturally found in the body.

EAT SLOWLY Take time to chew food thoroughly, and stop eating before you feel full. It can take a while for the stomach to send a signal to the brain indicating fullness, so take breaks while eating to assess if you're still hungry. Most people eat more than enough before they actually feel satisfied, which often leads to bloating.



Lemon-Poppy Seed Oatmeal

Hands On 10 minutes
Total Time 17 minutes
Serves 4 (½ cup each)

2¼ cups Hy-Vee original unsweetened almond milk, plus additional warm almond milk for serving
1 cup Hy-Vee old fashioned oats
2 tsp. lemon zest, plus additional for garnish
1 tsp. poppy seeds, plus additional for garnish
½ tsp. Hy-Vee ground ginger
¼ tsp. finely ground Hy-Vee sea salt
¼ tsp. Hy-Vee ground cinnamon
½ cup raspberries

½ cup blueberries
¼ cup Hy-Vee natural sliced almonds
¼ cup no sugar added white chocolate style baking chips
Hy-Vee Select 100% pure maple syrup, for serving

1. BRING 2¼ cups almond milk to boil in a medium saucepan over medium-high heat. Reduce heat to medium heat; stir in oats, 2 tsp. lemon zest, 1 tsp. poppy seeds, ginger, sea salt and cinnamon. Cook for 5 minutes or until liquid is absorbed and oats are softened, stirring occasionally.

2. TO SERVE, spoon oatmeal into 2 serving bowls. Top with raspberries, blueberries, sliced almonds and white baking chips. Garnish with additional lemon zest and poppy seeds. Serve with additional warm almond milk and maple syrup, if desired.

Per serving: 230 calories, 11 g fat, 2 g saturated fat, 0 g trans fat, 0 mg cholesterol, 240 mg sodium, 5 g carbohydrates, 6 g fiber, 3 g sugar (0 g added sugar), 7 g protein.
Daily Values: Vitamin D 15%, Calcium 20%, Iron 15%, Potassium 4%

3

ANTI-BLOAT RECIPES

1 Pan-Seared Pineapple Yogurt Bowl

Combine ¾ cup Hy-Vee plain Greek yogurt and 1 Tbsp. Hy-Vee honey in a small serving bowl; set aside. Cut 2 (½-in.-thick) slices of pineapple from a Hy-Vee Short Cuts cored pineapple. Combine 1 tsp. Full Circle Market organic coconut sugar, ¼ tsp. Hy-Vee ground ginger, ¼ tsp. Hy-Vee ground nutmeg and ¼ tsp. Hy-Vee ground cinnamon in a small bowl. Sprinkle mixture on both sides of pineapple. Heat 2 tsp. Hy-Vee refined coconut oil in a medium nonstick skillet over medium heat. Cook pineapple slices for 2 to 4 minutes or until golden brown, turning halfway through. Cut slices into quarters; add to Greek yogurt mixture in bowl. Top with 2 Tbsp. toasted Hy-Vee unsweetened flaked coconut; garnish with additional honey and cinnamon, if desired. Serves 1.

2 Mango Kefir Smoothie

Place 1 cup mango lowfat kefir, 1 cup ice cubes, ⅓ cup fresh orange juice, ½ cup chopped mango and 1 Tbsp. Hy-Vee honey in a blender. Cover and blend until smooth. Garnish with ground cardamom and fresh mint, if desired. Serves 1 (16 oz.).



pro tip: CHILL OUT AND CHEW

“Take a couple deep breaths before diving in and eating. Reducing stressful situations when we’re eating, like checking emails or having stressful conversations, can help make sure our digestion is running smoothly.”
—Erin Good, RD, LD
 Hy-Vee Dietitian



3 Lemon Green Tea Refresher
 Place 2 Hy-Vee 100% natural green tea bags in a 2-cup glass measuring cup. Pour 12 oz. hot water over tea bags; let steep for 2 minutes. Remove and discard tea bags. Whisk in 2 Tbsp. Hy-Vee raw clover honey until dissolved; cool to room temperature. Stir in 2 Tbsp. fresh lemon juice. Pour into a (16-oz.) ice-filled glass. Garnish with lemon slices and fresh basil, if desired. Serves 1 (12 oz.).



HEALTHY REAL HYDRATION

NO ADDED SUGAR



talking PRESCRIPTION labels

SCRIPTALK IS A FREE SERVICE THAT LETS HY-VEE CUSTOMERS HEAR THEIR PRESCRIPTION INFORMATION ALOUD.

Through a partnership with En-Vision America, Hy-Vee Pharmacy customers who are visually impaired, have difficulties reading or are non-English speakers can use the ScripTalk reader or mobile app. Contact your local Hy-Vee Pharmacy to opt in for this service. Once started, the pharmacists will place a small electronic tag on the prescription package, typically on the bottom of the bottle. This tag contains all label information—drug name, dosage, instructions, warnings, etc.—that you can scan and hear played out loud.

available LANGUAGES

Talking labels can be translated to the following:

- Amharic
- Arabic
- Bengali
- Burmese
- Chinese (simplified)
- Chinese (traditional)
- English
- Farsi
- French
- German
- Greek
- Haitian Creole
- Hindi
- Italian
- Korean
- Nepali
- Pashtu
- Polish
- Portuguese
- Romanian
- Russian
- Somali
- Spanish
- Swahili
- Tagalog
- Vietnamese

SCRIPTALK MOBILE APP

Download the app from the App Store or Google Play. Once open, click the “scan” option and hold the bottle up to the front of the screen for iPhones or the back of the phone near the camera for Androids.



SCRIPTALK READER

Hy-Vee Pharmacy can provide customers with a free ScripTalk reader. Once the device is on, push the circular button at the bottom and then simply place the prescription bottle on the face of the reader.





MAKE SUMMER MORE

Flavorful



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30 minutes or less	20 minutes or less	10 minutes or less	GF option GLUTEN FREE	V option VEGETARIAN DISH
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